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Your essential daily news | THURSDAY, JUNE 25, 2015 | High 23°C/Low 11°C Mainly sunny

TROUBLE FOR TRUDEAU IN QUEBEC
HÉBERT in metroVIEWS

FUNGUS AMONG US

Chef Michael Moffatt prepares a morel mushroom, the subject of an Ottawa-based cooking show. The rare and valuable food item is flown in from B.C., but there's a growing movement of local foragers gathering their own. Story, metroNEWS. HALEY RITCHIE/METRO

Hydro had a good year

ENERGY

Power company made $30M in 2014, but rates are still rising

Lucy Scholey
Metro | Ottawa

With more than $30 million in net income, 2014 was "obviously a very good year" for Hydro Ottawa, according to chair Jim Durrell.

But despite the plum profits, the city's energy corporation is still looking at hiking rates gradually over the next five years, with homeowners paying almost $10 more by 2020.

Hydro Ottawa president and CEO Bryce Conrad says the amount people have to pay for their power has nothing to do with the company's profits, since the Ontario Energy Board sets the rates.

"It's a heavily regulated industry," he said, following Hydro Ottawa's presentation of the 2014 annual report to council on Wednesday. "We don't make money on the operations. We make money on a regulated return of invested capital."

Hydro Ottawa gave $18.2 million in dividends back to the city in 2014.

What's keeping Conrad up at night is the company's aging workforce. About 40 per cent of his employees will retire over the next five years.

"(It's) huge," he said. "Everyone says your employees are your best assets. In my case, I have men and women who have 30-plus years of experience who will effectively walk out the door."

About 630 employees work for Hydro Ottawa.

The company is working with Algonquin College on recruiting new hires, with a focus on bringing more women on to the team.

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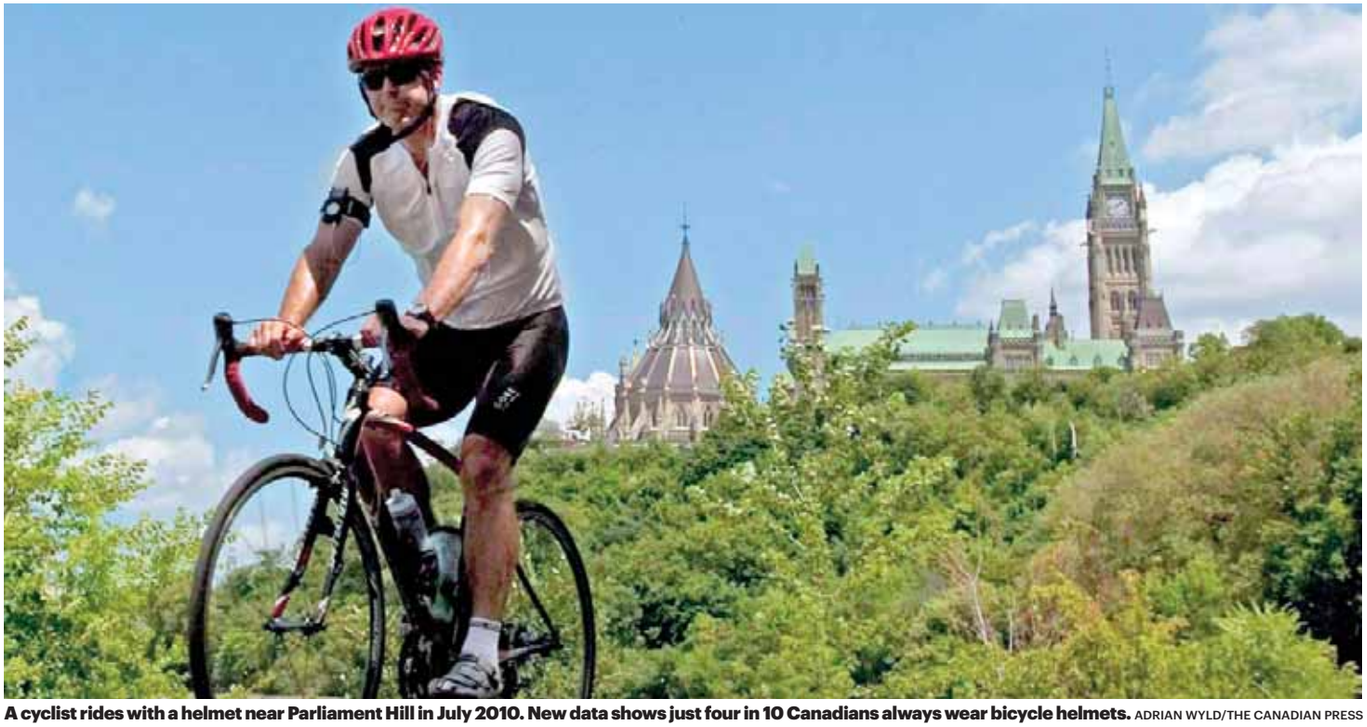
metro NEWS

Your essential daily news

Celebs to judge Tim Hortons doughnut contest. **Business**



A cyclist rides with a helmet near Parliament Hill in July 2010. New data shows just four in 10 Canadians always wear bicycle helmets. ADRIAN WYLD/THE CANADIAN PRESS

GOOD & BAD

Top 10 helmeted cities (percentage of people over 12 years old who always wear helmets while cycling):

1. Victoria: 83.3
2. Halifax: 72.9
3. Vancouver: 66.6
4. St. John's, N.L.: 65.8
5. Saint John, N.B.: 63.2
6. Kelowna: 58.9
7. Moncton, N.B. 57.8
8. Edmonton: 55.4
9. Calgary: 54.9
10. Ottawa: 54.6

Bottom 10:

1. Windsor: 20.7
2. Regina: 23.6
3. Sudbury: 31.1
4. Trois-Rivieres: 32.3
5. Saskatoon: 35.6
6. Brantford: 35.8
7. Montreal: 35.8
8. London: 36
9. St. Catharines-Niagara: 36.2
10. Barrie: 36.5

Ottawa cyclists tempting fate

SAFETY

Only 55% said they always wore a helmet: StatsCan

Michael Woods
Metro | Ottawa

More than four in 10 Ottawa cyclists don't always wear a helmet when they ride a bike – but that's still better than most of the rest of the country, according to Statistics Canada data.

Nearly 55 per cent of cyclists in Ottawa said they always wore a helmet, according to data from the federal agency's combined Canadian Community Health Survey.

That puts Ottawa 10th out of 34 cities in terms of percentage of cyclists who always wear a helmet.

Ottawa is well behind Victoria, the far-and-away leader at 83.3 per cent, but well ahead of last-place Windsor at 20.7 per cent.

It's also above the national figure. Overall data from the survey found that of the nearly 12 million Canadians age 12 and older who rode a bicycle during 2013-14, 42 per cent always put on a helmet.

By contrast, nearly as many — 39 per cent — said they never wore a helmet while cycling. Nine per cent sometimes wore one and another nine per cent rarely wore one.

Bicycle helmets are mandatory for everyone in British Columbia, New Brunswick, Nova Scotia and Prince Edward Island.

So it's perhaps unsurprising that of the top five cities nationwide — Victoria, Halifax (72.9 per cent), Vancouver (66.6 per cent), St. John's, N.L. (65.8 per cent) and Saint John, N.B. (63.2 per cent) — four of them belong to those provinces.

But in Ontario, Manitoba and Alberta, bike helmets are only mandatory for children under 18. Twelve of the 17 cities in the bottom half of the list are Ontario cities.

Overall, 18- to 19-year-olds were the least likely to always wear a helmet when bicycling, with 20 per cent always wearing a helmet and 46 per cent never wearing one.

Among Canadian cyclists aged 12 to 17, 37 per cent always wore a helmet and 27 per cent never wore one. Eighteen per cent wore one most of the time, and 18 per cent rarely wore one.

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Film crew follows wild mushroom from B.C. forest to Ottawa restaurant

The film crew of Gusto TV interviews executive chef Michael Moffatt as he prepares valuable mushrooms hand-picked and flown in from British Columbia. HANTS JOURNAL

MOREL MUSHROOM

Featured on Ottawa's own food network Gusto TV

Individually handpicked in wild forests and then shipped across the country for $90 a pound — the morel is a special kind of jet-setting culinary morsel.

"For people who know food, morels are the most coveted mushroom," said Michael Moffatt, executive chef at Ottawa's Beckta restaurant.

Ottawa's own food network, Gusto TV, decided to follow the unique ingredient from the mushroom-gathering battlegrounds of northern B.C. to Moffatt's kitchen in downtown Ottawa.

The episode of the Great Canadian Food Show shows the world of commercial foraging: morels are big business in British Columbia, where they grow in large numbers in areas ravaged by forest fire.

Beckta orders the mushrooms in bulk, but they do grow in Ottawa, and occasionally the restaurant accepts produce from the city's own entrepreneurial and secretive harvesters.

"We used to have a guy who'd show up with a little red riding hood basket full of morels every year at our back door," said Moffatt.

> **"For people who know food, morels are the most coveted mushroom."**
> Michael Moffatt

"It was somebody who had a little morel patch. If you wander through the greenbelt at the right time of year, you'll run into gatherers."

Other Canadian ingredients followed from harvest to kitchen in the new show include spot prawns and asparagus.

HALEY RITCHIE/METRO

5 THINGS EDIBLE AROUND OTTAWA

Lots of edibles can be found in and around Ottawa, but lots of poisonous non-edibles can also be found, sometimes looking very similar. If you want to start foraging, it's important to start slow, do your research and avoid contaminated areas like roadsides. If in doubt, don't eat it. HALEY RITCHIE/METRO

1 Morel mushrooms

These precious spring-time shrooms don't grow as plentifully in Ontario as in B.C., but they can be found around Ottawa. They are rare and valuable, but also have a unique nutty flavour.

2 Oyster mushrooms

These more common mushrooms are available in spring and fall, and Perrie says they are easy to cook and versatile like any grocery store mushroom.

3 Saskatoon berries

Shaped like blueberries, Perrie describes these as having "a nice sweet berry flavour with a hint of almond nuttiness." They're positioned to be the next big superfruit, so try enjoying some on the house.

4 Pineapple weed

Also known as wild chamomile, the leaves of the pineapple weed can be dried and steeped as a fragrant tea that smells like pineapple and chamomile.

5 Lambs quarters

Perrie says this plant — cultivated in some places but regarded as a weed in Ontario — can be used in most recipes that call for spinach.

FORAGING

Ottawa's urban foraging scene shooting up in popularity

On a hobby scale, urban foraging is growing in popularity. People are exploring their own neighbourhoods and gathering edible weeds, berries and mushrooms.

Scott Perrie is one Ottawa resident who's been foraging his whole life. "I can always remembering picking wild blueberries, it gave me a real love of the outdoors," he said, describing his family's home in northern Ontario.

"I had no idea what would be available in an urban setting — sure enough, I found a ton of morel mushrooms right in Ottawa. That reinvigorated my interest."

In March he won a $1,000 grant to work on a foraging "Easter egg hunt" to encourage others to wild harvest safely.

Perrie is currently inoculating logs with mushroom spores and sharing the locations through social media in a project called "fungus among us."

It's all about encouraging people to get outdoors and start paying attention to their environment. "This is about as fresh and local as it gets," he said.

HALEY RITCHIE/METRO

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BARRHAVEN

Council asks Via to stop whistles

Lucy Scholey
Metro | Ottawa

Loud train whistles sounding off in Barrhaven may keep neighbours up at night, but they signal a safety measure, according to the mayor.

Despite Jim Watson's concerns, Ottawa councillors voted to formally ask Via Rail to stop the whistle-blowing near the Greenbank Road temporary railway crossing on Wednesday. It's now up to the Crown corporation and Transport Canada to quiet the noise.

Watson dissented along with councillors Mark Taylor, Diane Deans, Bob Monette, Rick Chiarelli and Keith Egli.

"Obviously, the residents are upset with the noise, but then there's also the issue of public safety," Watson told reporters following the meeting.

"I was going back and forth and I opted to err on the side of public safety in that area that is rather confusing because of the change of Greenbank's alignment."

Since 1985, trains have been prohibited from sounding their whistles at the Greenbank Road crossing. However, because the area is under construction for a new grade separated underpass, the crossing has been temporarily rerouted. Federal regulations require the loud whistling as a safety measure.

A railway consultant told council that a previous study of collision rates at a crossing — before and after the whistle-blowing practice — showed no statistically significant difference in the number of accidents.

Barrhaven Coun. Jan Harder, who tabled the motion to stop the whistling, previously described the noise as "hellishly loud."

She said about 16 to 18 trains pass through the crossing every day — each one blowing the whistle — from 6 a.m. to 11 p.m., which is especially disturbing to people with dementia, autism or children.

Via Rail has previously said it's listening to the concerns and working with both the city and Transport Canada.

If the city and Via Rail were to do nothing, Barrhaven residents would have trouble sleeping until 2017, when the construction work finishes.

After that time, there will be a grade-separated underpass and therefore no need for trains to sound off while crossing Greenbank Road.

Two charged with beating Uber driver unconscious

ASSAULT

Police seeking third suspect after man put in the hospital

Joe Lofaro
Metro | Ottawa

Two people face charges after an Uber driver was reportedly chased from his cab and beaten unconscious in downtown Ottawa.

Police say two men and a woman got into an Uber taxi outside a nightclub at Bank and Slater streets on June 8. After a few blocks, the passengers started to get physically aggressive with the driver. The driver got out of his taxi at the corner of Elgin and Lisgar and fled.

Police say the passengers chased him down, dragged and beat him until he was unconscious. They ran away on foot.

The driver spent a few days in hospital with injuries to his face and head.

> **We immediately deactivated the rider and took steps to provide ongoing support to the driver.**
> Uber Canada spokeswoman Susie Heath

Crystle Bossi, 23, and Jesse Karam, 27, of Ottawa have both been charged with aggravated assault. Karam also faces two charges of breach of undertaking. He will be in court today, while Bossi's court date is in July.

Police say they're searching for a third suspect, who is around six feet tall, about 30 years old and described as muscular with long hair.

In a statement to Metro, Uber Canada spokeswoman Susie Heath said as soon as the ride-sharing company became aware of the incident, "we immediately deactivated the rider and took steps to provide ongoing support to the driver.

"We were also in contact with Ottawa police and provided them with assistance for their investigation."

REPORT

Anyone with information regarding this investigation is asked to call Ottawa police's Central District Investigator Sgt. Det. Anthony Costantini at 613-236-1222, ext. 5166.

GREAT OUTDOORS CYCLING IN THE SUN Six-year-old Alexandra Houle and her brother Nicholas, 4, bike outside city hall on Wednesday. LUCY SCHOLEY/METRO

MISCHIEF

Hackers love ISIL, hate sandwiches

Michael Woods
Metro | Ottawa

Hackers purporting to support the Islamic State of Iraq and the Levant have targeted ... a Stittsville food truck.

Yes, you're reading that correctly. A Stittsville food truck.

Wiches Cauldron is a well-regarded Carp Road food truck that serves delicious soups and sandwiches. Normally, its website features a menu.

In the place of that menu on Wednesday was message claiming the website had been hacked by "Team System DZ."

The message proclaimed "I Love Islamic State <3" and included oddly phrased lines such as, "It intervenes you will equip you to dwell in cemeteries." It even included a handy email address and link to a Facebook page.

Luckily, the food truck's Facebook page was uncompromised, so lunch-goers could still check out its menu online.

IN BRIEF

Police to keep collecting race data at traffic stops

Ottawa police said they will continue collecting race data at traffic stops following the completion of a two-year pilot project.

Data was collected from more than 100,000 traffic stops and will be sent to York University, which is expected to deliver a final report next summer. The project is the result of a 2012 agreement between the Ontario Human Rights Commission and the police board. JOE LOFARO/METRO

PUBLIC SPACES

Protesters march to move memorial

About 25 people took a lunchtime stroll down Wellington Street on Wednesday to protest the planned location for the new Memorial to the Victims of Communism.

The walk, led by federal Liberal candidate Catherine McKenna, highlighted some of the history of the judicial precinct and headed from the memorial's planned spot between the Supreme Court and Library and Archives buildings to its original proposed location just west along Wellington Street.

Speaking to the group, McKenna decried the "appalling" lack of transparency and public consultation that occurred when choosing the memorial site and unveiled proposals she said would make the National Capital Commission more transparent.

Architect Barry Padolsky, who has been a vocal opponent of the location, was also on hand. He said there's plenty of room elsewhere in the city for the memorial. MICHAEL WOODS/METRO

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Jaga Jazzist album L.A.-inspired

BACKSTAGE PASS

Learning how to drive influenced new effort Starfire

Trevor Greenway
For Metro | Ottawa

Lars Horntveth's biggest challenge in writing his new Jaga Jazzist album Starfire was learning how to drive.

No, seriously.

The 35-year-old musician, and the main brain behind the Norwegian experimental octet, moved from snowy Oslo to Los Angeles — and the first thing he had to do was learn how to drive a car.

> **There is a lot of stuff happening on stage, which is interesting for people.**
> Lars Horntveth

"When I got my licence, that changed the whole vibe of being in Los Angeles, because it's such a driving town," says Horntveth.

"For me, that was a huge thing. I loved it. Driving and listening to music, that is what I did."

The freedom of driving really inspired much of the progressions on Jazzist's new five-track record, which feels at times like a ride on Captain Jean-Luc Picard's Starship Enterprise on warp speed. Horntveth spent months cruising the Hollywood Hills with big, progressive house tracks from DJs like English producer Jon Hopkins and Norway's Todd Terje pumping through the speakers.

Instead of pulling up to the Viper room for a night of dirty partying, Horntveth just keeps driving, studying the scales of the house tracks that can get any dance floor on the move. You can hear the influence on the dancey tracks Big City Music and Oban — tunes that build and build until all hell breaks loose. This happens about 1:08 into Big City Music.

Norwegian experimental octet Jaga Jazzist brings its new spacey jazz record Starfire to the Ottawa Jazz Fest on Tuesday. COURTESY ANTHONY HUUS

"I was hugely inspired by them and the way they slowly build up a house track," says Horntveth. "Jaga Jazzist fans aren't typical jazz heads who sit in shadowed corners sipping bourbon away from the crowd. They like to move, groove and bump space helmets.

"We have always had a very enthusiastic crowd and we are very much a live band. We always like to play up to two hours and have this whole buildup."

Starfire is what you'd expect to find rummaging through George Jetson's spacey record collection. The complex and multi-layered synth patterns drive the music into an intergalactic, twitchy party — one wrought with off-the-wall time signatures and spacey riffs that loop the listener into a frenzy of mayhemic emotions. It's what I picture Chris Hadfield listening to while orbiting our planet, looking down at us all, wondering what it all means. It's music the drones will listen to long after they turn on us and kill us off. Music that will last.

And while Jaga Jazzist won't be able to take you all the way to Zion and back before you need to catch your bus to Barrhaven, Horntveth promises the same mayhem you would get at a two-hour show on the snowy banks of Norway's capital.

"We never start slow. We go out full, but then we have enough songs to keep it going for a couple of hours," he says.

"If we are playing 45 minutes in Ottawa, that's like four songs, so it's like, 'wow, that was fast.' This music is a little bit different. It feels like you are on a journey because the songs are so long. There is a lot of stuff happening on stage, which is interesting for people."

Jaga Jazzist plays Jazz Fest on Tuesday at 10:30 p.m. Bring your moon boots.

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AFTER POLITICS

Baird scores new consultant post

Former federal cabinet minister John Baird has been hired as a strategic adviser to Hatch, an engineering and consulting firm for resource companies.

Hatch has its global head office in Mississauga, Ont., and operates in 150 countries around the world.

The company says Baird's experience in international affairs will help Hatch as it expands in the energy, mining and infrastructure sectors.

Baird presided over a number of portfolios in the Conservative government, including foreign affairs, environment and transport and infrastructure.

It's the latest corporate appointment for Baird since he announced in February that he was leaving Prime Minister Stephen Harper's cabinet and resigned his seat in the riding of Ottawa West-Nepean.

John Baird THE CANADIAN PRESS

Baird is one of several high-profile cabinet ministers who have said they won't be running again in October's federal election. THE CANADIAN PRESS

Information law is not needed: CSIS

SPY AGENCY

Workarounds possible within existing legislation

The Conservative government alarmed privacy advocates by overhauling the law to give Canada's spy agency easier access to federal data — even though the spies themselves said greater information-sharing could be done under existing laws, newly released documents show.

In a presentation to federal deputy ministers last year, the Canadian Security Intelligence Service said "significant improvements" to the sharing of national-security information were possible within the "existing legislative framework."

The Canadian Press obtained a heavily censored copy of the secret February 2014 presentation and a related memo to CSIS director Michel Coulombe under the Access to Information Act.

Earlier this year, the government introduced a broad security bill that included the Security of Canada Information Sharing Act.

The legislation, which recently received royal assent, permits the sharing of information about activity that undermines the security of Canada, something law professors Craig Forcese and Kent Roach called "a new and astonishingly broad concept."

> **(Existing laws) often allow for the sharing of information.**
> TomVenner, CSIS assistant director

Privacy commissioner Daniel Therrien denounced the law's scope as "clearly excessive," saying it could make available all federally held information about someone of interest to as many as 17 government departments and agencies.

In the 2014 memo to Coulombe, CSIS assistant director Tom Venner stressed the importance of timely and reliable information exchanges, and he lamented the patchwork of existing authorities that hindered sharing. However, he added that laws and arrangements "often allow for the sharing of information for national security purposes."

The spy agency's memo seems "to belie the whole justification for the controversial information-sharing regime" in the government's anti-terrorism bill, Forcese said. THE CANADIAN PRESS

GAMES

Ticket sales surge for Pan Am events

The once-lagging ticket sales for this summer's Pan Am games in Toronto are starting to pick up speed.

Earlier this month, organizers reported they'd only sold 400,000 of the 1.4 million tickets reserved for the Pan Am and Parapan Am Games. But that number has surged to 650,000 for the Pan Am events alone, spokeswoman Neala Barton said Wednesday.

The opening ceremonies and most medal matches are almost sold out, she said, while equestrian events are also seeing brisk sales. She said the late spike is in line with organizers' expectations, since many people don't make their purchases until close to the date. Toronto Mayor John Tory admitted he hadn't bought his tickets yet.

"I'm going to, but I procrastinate, as people do, and I think we should stop talking about this and talk about the good news," he said Wednesday.

The Toronto 2015 organizing committee isn't expecting to sell every ticket, Barton said.

"We know people are still making their decisions around what they want to do for the summer, what availability they have, what kind of budget they have maybe to buy tickets with. We're seeing what we thought we would see, which is people making those decisions really close to the games."

The Pan Am Games run from July 10 to 26, the Parapan Am Games from Aug. 7 to 15. They'll feature 51 different sports taking place among 16 host municipalities in and around Toronto. THE CANADIAN PRESS

VALUES MEAL HARPER IN QUEBEC Prime Minister Stephen Harper paused from handing out chicken dinners as he campaigned during Quebec's Fete National, when he told candidates Conservative values are Quebec values. JACQUES BOISSINOT/THE CANADIAN PRESS

LATE PAYMENTS

Ottawa battling phone bill interest fees

The federal government is locked in a battle with telecom companies over $2.4 million in late fees because department phone bills weren't paid on time.

That number, contained in documents tabled in Parliament this month, hasn't changed in almost a year since the government first started collection efforts over late fees it says service providers weren't legally allowed to charge.

So far, however, the companies involved don't appear to have budged, based on the data contained in the answer to a written question submitted by Liberal MP Arnold Chan.

The $2.4 million in outstanding disputed fees is about two-thirds of the $3.6 million in late fees the government has racked up over the last two fiscal years.

There could be more, but the department told Chan it couldn't quickly calculate interest charged in the 2014-15 fiscal year without doing a manual search of every invoice it had received.

Ted Francis, a spokesman for Shared Services Canada, the department in charge of paying phone bills on time, says "efforts continue" to recoup the overdue charges. Francis says the department has negotiated settlements with some companies, and in other cases is hoping to secure credits on future bills.

Although Shared Services was designed to save money by amalgamating services from more than 40 departments, it stumbled out of the gate and couldn't keep up with the flood of monthly bills — about 75,000 invoices per month.

It wasn't until early last year that the department noticed something amiss. Department workers then went through every invoice and noticed the service providers were charging commercial interest rates of from 12 to 46 per cent. The government maintains the companies aren't allowed to do that because federal contracts stipulated late charges couldn't be more than what the government set, currently 4.25 per cent.

About a dozen companies charged the late fees, with two of them — Telus and Bell Canada — accounting for more than half of the $3.64-million bill. THE CANADIAN PRESS

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‘I am sorry for the lives that I’ve taken’: Bomber

BOSTON

Tsarnaev, 21, breaks two years of silence with apology

In a startling turn, Boston Marathon bomber Dzhokhar Tsarnaev apologized for the lethal attack for the first time Wednesday just before a judge formally sentenced him to death.

“I am sorry for the lives that I’ve taken, for the suffering that I’ve caused you, for the damage that I’ve done — irreparable damage,” the 21-year-old college student said, breaking more than two years of public silence.

To the victims, he said: “I pray for your relief, for your healing.’’

After Tsarnaev said his piece, U.S. District Judge George O’Toole Jr. quoted Shakespeare’s line about “The evil that men do lives after them” and told Tsarnaev that no one will remember that his teachers were fond of him, that his friends found him fun to be with or that he showed compassion to disabled people.

“What will be remembered is that you murdered and maimed innocent people, and that you did it wilfully and intentionally. You did it on purpose,’’ O’Toole said.

“I sentence you to the penalty of death by execution,’’ he said.

The apology came after Tsarnaev listened impassively for about three hours as a procession of victims and their loved ones lashed out at him for his “cowardly’’ and “disgusting” acts.

“He can’t possibly have had a soul to do such a horrible thing,’’ said Karen Rand McWatters, who lost a leg in the attack and whose best friend, 29-year-old Krystle Campbell, was killed.

Boston Marathon bombing survivors Erika Brannock, left, and Rebekah Gregory leave the Moakley Federal Courthouse clutching each other following the formal sentencing of Dzhokhar Tsarnaev in Boston, Wednesday. CHARLES KRUPA/THE ASSOCIATED PRESS

The outcome of the proceedings was a foregone conclusion: The judge was required under law to impose the jury’s death sentence for the April 15, 2013, attack that killed three people and wounded more than 260.

The only real suspense was whether Tsarnaev would say anything when given a chance to speak.

Until Wednesday, he had said almost nothing publicly since his arrest more than two years ago.

His apology was a five-minute address peppered with religious references and praise of Allah. Speaking in the accent of his native Russia, he paused several times, looking as if he was trying to maintain his composure.

Twenty-four people in all gave victim impact statements at the sentencing in federal court. Tsarnaev made it clear he was listening.

“All those who got up on that witness stand and that podium relayed to us, to me — I was listening — the suffering that was and the hardship that still is, with strength, with patience, with dignity,’’ he said.

THE ASSOCIATED PRESS

> **What will be remembered is that you murdered and maimed innocent people, and that you did it wilfully and intentionally.**
> U.S. District Judge George O’Toole Jr.

CONFEDERATE BANNER

Flag not ‘hateful,’ actor says

The Confederate flag is not a hateful symbol but instead a banner with positive historical context despite “the few thousand people that run around wearing sheets and committing atrocities,’’ said Ben Jones, the Dukes of Hazzard actor and former Democratic congressman.

Jones spoke to The Associated Press on Wednesday from Sperryville, Va., where he owns a store that sells Confederate flags and other items and celebrates the fictional Hazzard County from his TV show. He runs two other Cooter’s Place stores — named for his Hazzard character — in Nashville and Gatlinburg, Tenn.

Jones said his stores will never stop selling Confederate items even as national retailers such as Wal-Mart drop them in the wake of the massacre of nine people at a black church in Charleston. The man charged in the deaths had been photographed with the Confederate flag.

“We’re not changing anything in stores. There’s no reason to change anything,” Jones said. “We despise racism.”

He added: “It’s not a hateful symbol, and we despise that it’s being used by bigots and hate groups.”

In a Facebook post on the page for his store late Tuesday, Jones called the flag a symbol of the spirit of independence. The flag represents the values of the rural South including courage, family and good times, he wrote.

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Wind, rains cool Pakistan as death toll reaches 838 people

EXTREME WEATHER

Power outages, water shortages worsen impact of heat wave

A cool wind from the sea and pre-monsoon rains brought the first signs of respite to southern Pakistan on Wednesday as the death toll from a scorching heat wave climbed to 838 — a high figure even for a nation accustomed to sizzling hot summers.

Temperatures in hard-hit Karachi, the country's largest city and its commercial hub where the overwhelming majority of the deaths were reported, dropped to 34 degrees Celsius, meteorologist Abdur Rasheed said.

The drop likely marked the end of the heat wave that began on Sunday. Hospital officials said admittances were lower than in previous days, when dehydrated patients lay in corridors and outside on the streets.

As dusk fell on Wednesday evening, volunteers on the streets of the port city handed out dates and provided drinks for iftar meals that break the daylight fast during the Muslim holy month of Ramadan.

Karachi has been in the epicenter of the heat wave, dubbed worst in at least a decade, with temperatures reaching 45 degrees Celsius. Hours-long power outages, little running water and the Ramadan fasting had worsened the situation further.

Home to some 20 million people and the capital of the southern Sindh province, Karachi has long suffered under an inefficient power grid and a shortage of potable water. The power outages have also affected the city's sporadic water supply, forcing those who can afford it to rely on tankers of water being delivered to their homes.

Maj. Gen. Asghar Nawaz, chairman of the National Disaster Management Authority, said that in Karachi alone, 800 people died as a result of the heat wave.

The authorities were simply not prepared to handle the heat wave — the worst he could remember in Sindh since 1979.

Another 38 people died in various other parts of the province, Nawaz said, warning that the death toll could rise further in the coming days because many of the sick are in critical condition.

The army has set up special heatstroke centres to help local officials deal with the situation, he said. Karachi residents have been speculating the country could see more cyclones and harsh weather in the future because of climate change, he added. THE ASSOCIATED PRESS

Volunteers provide cold drinks to people suffering from the heat in Karachi, Pakistan, on Wednesday. SHAKIL ADIL/THE ASSOCIATED PRESS

FRANCE

Tunnel traffic resumes under English Channel after strike

Train services between Britain and France beneath the English Channel resumed Wednesday but the disruption stoked by striking French port workers the day before persevered.

Making life more difficult for those truckers trying to get on trains were illegal migrants trying to take advantage of the snail's-pace traffic to sneak onto trucks headed for Britain.

Eurotunnel, which runs those shuttle trains, said traffic resumed Wednesday morning. The Eurostar passenger train service, which carries about 10 million people a year across the Channel, also started running a normal schedule, though the company warned travellers to arrive extra early.

Both companies cancelled all trains Tuesday after ferry workers, striking over expected job cuts, swarmed train lines and set tires alight.

Migrants from Sudan, Eritrea and elsewhere are camped by the thousand in the port city of Calais trying to reach Britain, where they believe they will have better job prospects.

The growing number of migrants in Europe has prompted France to announce thousands more places in centres for asylum seekers and emergency beds in Calais, as well as a police task force to help dismantle smugglers' networks.

THE ASSOCIATED PRESS

TRIAL

Jury awards patient $500,000 after he was mocked by doctor

A Virginia man was awarded $500,000 in court after being mocked by an anesthesiologist during a colonoscopy in 2013.

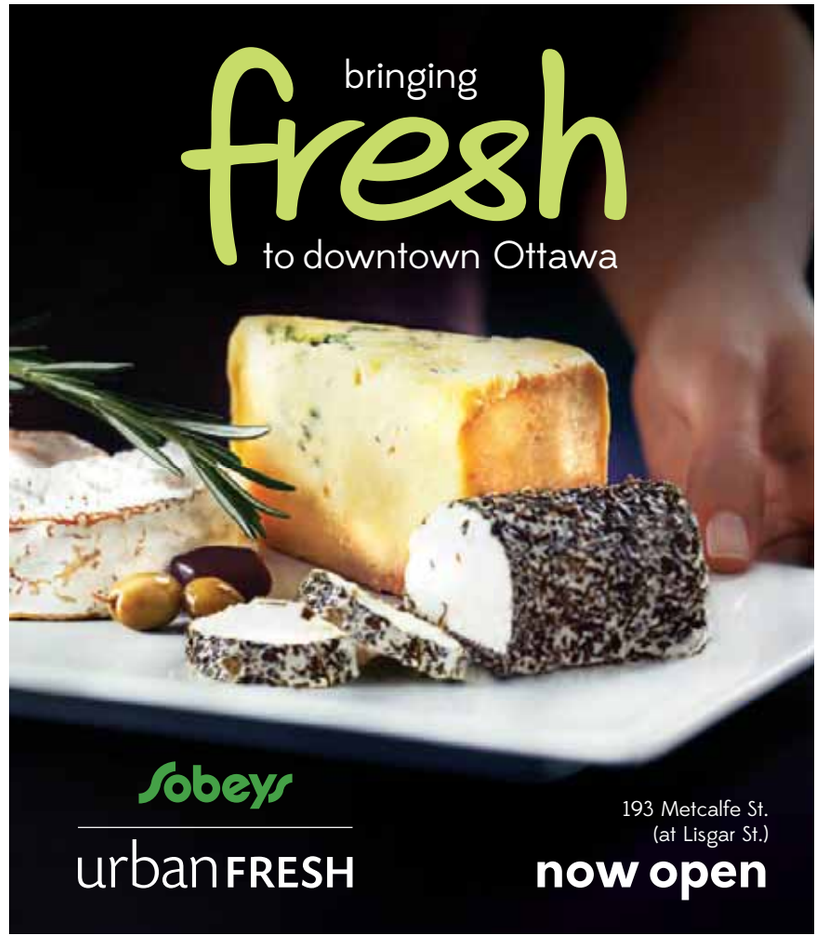
The Washington Post reports the jury ordered 42-year-old Tiffany Ingham and her practice to pay the man after a three-day trial last week.

Officials say the man, who wanted to remain anonymous, recorded the incident while being prepped so he could capture the doctor's post-operation instructions. But when he listened to the recording later, he discovered that he had recorded the entire examination and that the doctor and surgical team had mocked him once he fell asleep.

> **After five minutes of talking to you in pre-op, I wanted to punch you in the face and man you up a little bit.**
>
> Tiffany Ingham, as recorded during a medical exam

When a medical assistant noted the man had a rash, Ingham warned her not to touch it, saying she might get "some syphilis on your arm or something," then added, "It's probably tuberculosis in the penis, so you'll be all right."

THE ASSOCIATED PRESS



ZIMBABWE

Bush meat donated to quell prison riots

A quarter ton of meat from wild animals could be just the ticket to ending the unrest in Zimbabwe's Chikurubi maximum security prison where inmates have been rioting over their meatless diet.

Over the weekend, Zimbabwe's National Parks and Wildlife Authority donated 250 kilograms of bush meat for the 4,600 inmates whose diet has consisted of only porridge and cabbage despite regulations that they should receive meat at least three times a week.

Prison food woes amount to more evidence of a debilitating economic downturn that has left the Zimbabwean government struggling to meet its obligations, including paying civil servants on time. In March, riot police had to use water cannons against university students whose own food protests caused classes to be suspended for a time.

Close to a thousand prisoners rioted in February and then more seriously in March over the lack of meat for the last three years. Guards opened fire on the inmates who rioted after they refused to eat their cabbage lunch. Five people were killed.

Prison officials described the riot, in which prisoners set fire to blankets, newspapers and even the roof, as an escape attempt and later tried nine alleged leaders. During their trials, however, the prisoners maintained they were protesting the lack of meat.

"For the past three years, the prisoners did not eat any meat. The first meat that the prisoners ate was (when) the Zimbabwe National Parks and Wildlife Management Authority provided us with 250 kilograms of meat," prison official Gilbert Marange told members of the parliamentary committee on defence, home affairs and security, who toured the prison on Monday.

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ANIMALS FLAMINGO GETS A LEG UP A Chilean flamingo stands with the help of a specially-made prosthetic leg, at a zoo in Sorocaba, Brazil, Tuesday. The six-year-old bird fractured his left leg one month ago and it was partially amputated to halt an infection. NELSON ANTOINE/THE ASSOCIATED PRESS

Queen may move for renovation

THE ROYALS

Buckingham Palace needs nearly $300M in upgrades

Queen Elizabeth II may have to move out of Buckingham Palace during much-needed renovations to the residence, which has not been substantially redecorated since she took the throne in 1952, royal officials said Wednesday.

Officials say the palace needs an estimated 150 million pounds (C$291 million) of renovation and upgrades, including replacing old plumbing and wiring and removing asbestos. Having her move out during the work is one option being considered.

The queen has several other residences but spends about a third of her time in the London palace, which was first used by her ancestor Queen Victoria. It is the site of summer garden parties and scores of ceremonial events each year.

Keeper of the Privy Purse Alan Reid said maintenance on aging royal buildings, "and in particular Buckingham Palace, will present a significant financial challenge" in the next few years.

Annual accounts published Wednesday showed that the monarchy costs taxpayers 35.7 million pounds ($69.4 million) in the year to March 31, the equivalent of 56 pence per person. That was unchanged from the year before.

$22.7M

Maintenance of royal properties cost U.K. taxpayers 11.7 million pounds (C$22.7 million) last year.

Almost half the money, 18.7 million pounds ($36.3 million), was spent on payroll costs, while property maintenance cost 11.7 million pounds ($22.7 million) and 5.1 million pounds ($9.9 million) was spent on official travel. The most expensive trip was an eight-day visit to Colombia and Mexico by Prince Charles and his wife Camilla, which cost almost 450,000 pounds ($875,000).

The queen, who turned 89 in April, has cut back on her public duties but still undertook 196 public engagements during the year.

THE ASSOCIATED PRESS

Duelling Donuts contest kicks off

TIM HORTONS

Deadmau5, Jann Arden participating as celeb judges

One lucky Canadian will be able to add their dream doughnut to the Tim Hortons menu and walk away with $10,000 as winner of the Duelling Donuts contest, launched Wednesday by the coffee chain.

Home chefs have until July 21 to concoct a unique doughnut idea inspired by a family recipe.

Eight quarter-finalists will present their creations to a celebrity panel, including musicians Deadmau5 and Jann Arden and actress Sophie Tweed-Simmons. She's the daughter of Shannon Tweed, a St. John's, N.L.-born actress and model who is married to Kiss bassist Gene Simmons.

After the panel chooses four semifinalists to advance, the public gets to pick two pastries they want to see sold at Tim Hortons.

The finalists will be announced Sept. 1 and sold in Tim Hortons restaurants across Canada early in the new year, with the most popular confection taking home the grand prize.

In 2014, Jennifer Brown of Glencoe, Ont., beat out almost 77,000 other entrants with her "Love Reese to Pieces" doughnut, which will be available at Tim Hortons shops for a limited time starting July 15. This chocolate doughnut, filled with a custard centre, is covered in chocolate fondant and topped with chopped peanuts and mini Reese's Peanut Butter Cups.

This is the third year for the contest, launched after Jason Priestley created a doughnut named after himself — "The Priestley," a strawberry-vanilla doughnut with a chocolate Timbit nestled inside — in an episode of How I Met Your Mother. THE CANADIAN PRESS

Canadian singer-songwriter Jann Arden. TORSTAR NEWS SERVICE

$10,000

In addition to having your dream doughnut added to Tim Hortons' menu, the winner of Duelling Donuts will also walk away with a $10,000 prize.

Joel Thomas Zimmerman, better known as Deadmau5. THE ASSOCIATED PRESS

MARIJUANA

Pot companies to merge, form Canada's largest producer

Tweed Marijuana is offering to buy Bedrocan Cannabis Corp. in a friendly deal that would combine the two companies into what they say would be Canada's largest licensed pot producer.

The deal was worth $61 million when it was announced early Wednesday.

The two companies say the deal would combine Tweed's consumer-oriented business and Bedrocan's base in the clinical and research communities, giving the combined operation a competitive edge in a growing marketplace that opened up in May 2014 after Health Canada updated regulations for the medical use of marijuana.

Together, they have 110 full-time employees and 30 to 50 part-time workers. Tweed has two production facilities in Ontario and distributes marijuana to individual patients. Bedrocan produces and sells pharmaceutical-grade cannabis from Toronto.

> **"I would not bet against a cannabis industry that is just evolving on a global level.**
> Bedrocan CEO Marc Wayne

According to documents filed with regulators, Tweed had its first revenue a little more than a year ago after its first product shipment in May 2014 and generated about $1.1 million of sales in the year ending Dec. 31, more than half of it in the final three months of last year. Bedrocan had $1.5 million in revenue over the 13 months ending last Jan. 31.

"This has been a stretching exercise," said Bruce Linton, Tweed's chairman and CEO. "You have to have a platform of production, you have to have an education process to bring on the physicians and you have to have something that's desired by the market."

Under the deal announced Wednesday, Bedrocan's shareholders would get a total of 33.9 million common shares of Tweed, giving them 41.6 per cent of the combined company's total equity. THE CANADIAN PRESS

IN BRIEF

Court approves Rogers purchase of Mobilicity

An Ontario court gave its approval for Rogers Communications to buy Mobilicity for about $465 million on Wednesday, a deal that is expected to trigger a series of transactions that will affect wireless customers in Ontario, Alberta and B.C.

Rogers said its takeover offer for Mobilicity has also been approved by Industry Canada, which had blocked previous attempts for Telus to buy Mobilicity. It still requires approval from the Competition Bureau. THE CANADIAN PRESS

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UNITED STATES

Ford launches ride-sharing pilot

Ford is following the ride-sharing craze, launching its own pilot program in six U.S. cities and in London.

Under the program, customers who finance their vehicles through Ford Motor Credit will be able to rent their vehicle to pre-screened drivers for short-term use, helping to defray some monthly vehicle ownership costs.

"As most vehicles are parked and out of use much of the time, this can help us gauge our customers' desires to pick up extra cash and keep their vehicles in use," David McClelland, Ford Credit vice-president of marketing, said in a written statement.

Ford Motor Co. said 14,000 customers in the U.S. will be invited to participate, along with 12,000 in London.

U.S. customers will partake through ride-share company Getaround, while London customers will use easyCar Club.

The program is being offered through November to Ford Credit customers in Chicago, Washington D.C., Portland, Oregon and California locations including Berkeley, Oakland and San Francisco. THE ASSOCIATED PRESS

LABOUR

Ikea U.S. ups hourly minimum wage

Ikea's U.S division is raising the minimum wage for the second year in a row as the Swedish ready-to-assemble furniture chain looks to improve its relations with workers and reduce worker turnover.

Starting Jan. 1, Ikea's average minimum hourly wage will increase to $11.87, which is $4.62 above the current federal wage and marks a $1.11 increase, or 10 per cent, from this year's average minimum pay. The increase will affect 32 per cent of Ikea's 10,500 U.S. store workers and will raise its average hourly wage to $15.45. THE ASSOCIATED PRESS

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CHANTAL HÉBERT: ON THE BATTLE FOR QUEBEC

With Gilles Duceppe back in the game, the upcoming federal campaign is turning into a replay of the 2011 fight between the Bloc and the NDP.

By the looks of it, the long-awaited NDP-Liberal battle for Quebec next fall is on ice.

With Gilles Duceppe back in the game, the upcoming federal campaign is turning into a replay of the 2011 fight between the Bloc Québécois and the NDP.

A CROP survey published last weekend gave the NDP (38 per cent) an eight-point lead on the Bloc among francophone voters. A Leger Marketing poll done a few days earlier reported an even closer two-way battle across francophone Quebec.

Watching from the sidelines, Justin Trudeau's Liberals and Stephen Harper's Conservatives split the difference.

Notwithstanding their actual order in voting intentions, none of the four main parties is really where it would like to be in Quebec.

The Bloc has seen its share of support increase by double digits since Duceppe's return. It is climbing out of the basement, but remains at a good distance from the top floor — without a ready-made staircase to get there.

Provincewide, the party's current score is almost identical to its 2011 election night result. In short, Duceppe has brought home the voters that stuck with his sinking party four years ago and gave it four seats that did not include his.

Not all sovereigntists welcomed his return. Many are torn between their desire to see the Conservatives out of power and their loyalty to the cause. Some are angry at the notion that the veteran Bloc leader may facilitate the re-election of a Conservative government by further splitting the opposition vote.

Like most non-Conservative voters, those who switched from the Bloc to the NDP four years ago are more motivated than ever to seek regime change on Parliament Hill. With the NDP on the rise outside Quebec, the incentive to continue to support Thomas Mulcair's party is strong.

The Conservatives are essentially in the same position in voting intentions in Quebec as on election night four years ago. CROP pegged their support at 14 per cent. They won 16 per cent of the vote in 2011. An early-year improvement in Conservative fortunes has turned out to be short-lived.

A more divided opposition vote could help Harper hold on to his handful of Quebec seats and — possibly — win back some of those that were swept up by the orange wave four years ago. But that presumes a second NDP wave is out of the question. Is it really?

A more divided opposition vote could help Harper hold on to his handful of Quebec seats and — possibly — win back some of those that were swept up by the orange wave four years ago.

The Liberals are key to the answer. Trudeau's party has lost a lot of ground in his home province since it led the pack with 35 per cent or more of the vote at the end of last year. At this juncture, Liberal support — at about 24 per cent — hovers around Stéphane Dion's 2008 score. That was the party's best result of the past three elections.

Last year's polls showed that the Liberals have room to go up; the results of the last campaign suggest they could just as easily slip further. Four years ago, Michael Ignatieff led the party to a 14 per cent finish in Quebec. Its losses ended up as gains in the NDP column.

It is a well-established pattern of Quebec political life that in the face of a serious sovereigntist threat, the federalist vote tends to coalesce behind the strongest alternative on offer. The Liberals long benefited from that trend. But in 2011, the advantage shifted to the NDP, where it remains now that Mulcair is back in the lead.

To wit, more than half a dozen candidates are vying for the privilege of taking on Liberal MP Marc Garneau for the NDP in the federalist stronghold of Westmount-Ville-Marie.

The New Democrats look like they are in good shape in Quebec. They rank first with francophones. They have more potential for growth than the Conservatives and they are the second choice of more voters than the Liberals.

But a more combative Bloc brings with it the necessity for the NDP to talk up positions, such as the party's contention that it would accept a simple majority vote for Quebec independence. that are controversial in the rest of Canada.

Duceppe could end up doing more harm to the NDP outside Quebec than in his own province.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: The incredible shrinking gym

All the staples of urban life seem to be scaling down: small cars, small condos and now small gyms — though not for a small price. One-room gyms are in, and the low cost of starting them is turning gym rats and workout instructors into entrepreneurs. Devotees sweat through hour-long sessions in tiny converted storefronts, swinging heavy kettlebells or practising yoga poses. Even steep prices — $30 for a typical class — can't slow the extra-large enthusiasm for a boutique exercise experience.

SOURCE: THE ASSOCIATED PRESS

ROSEMARY WESTWOOD

metroview

Clearly, obituaries should be the first thing you flip to.

Obituaries are where it's at.

"It" being dazzling stories that, by exploring the specifics of one person's bizarre or instrumental or unexpected life, say a lot about life in general.

They're not about people dying; they're about people living. And that makes them, ironically, the least depressing part of the news.

The best are playful, soaked in sweet details, and yet honest about someone's good and bad sides. You come out remembering that no one is perfect (or pure evil), which is helpful when you're still alive and trying to be perfect all the time.

They contain the greatest characters, and the oddest asides (a Globe and Mail obituary on parliamentarian Frank Howard notes how stealing a "butterscotch pie from the kitchen window of the Sullivan Hotel" got Howard sent to an orphanage).

Obituaries let us marvel at how single lives can shift the world around them — as with F. Scott Fitzgerald's personal secretary, who died recently. Frances Kroll Ring spent only 20 months with the literary giant, typing pages and cooking meals, before he died in 1940. But she ended up playing a key role in his legacy, advising filmmakers and biographers and even writing a memoir.

Clearly, obituaries should be the first thing you flip to, and some magazines help you out by placing them at the back. Those include the Economist and Maclean's — proving my theory that many things, but magazines in particular, are best read back to front.

The Economist's obituaries — which, in the U.K. tradition, lean heavily on wit and editorializing a life — detail extraordinary people around the globe. They taught me about the indomitable Polish statesmen Władysław Bartoszewski and the grotesquely opulent boyhood of Haitian ruler Baby Doc Duvalier. The stories satisfy, like watching a full sunset, their last lines tying off a life. I once cancelled my subscription because $11 a month seemed like a lot to pay just to read an obituary a week. Then I restarted it.

Being as I am in the middle of a life (or what feels like the middle — who knows when I'll die?), it's probably most satisfying to see how, in an obituary, one thing leads to another. Failures stack up to eventual success, periods of stagnation lead to change. No one, in hindsight, simply flounders, aimless and useless. There's meaning to be gleaned from any life.

Even, you've gotta hope, your own.

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Killing Monica, to live again

CANDACE BUSHNELL

Sex and the City scribe tackles a woman's identity crisis

Henrietta Walmark
Metro

Candace Bushnell's new novel follows a successful woman intent on changing her life. STYLING AND PHOTO BY LIZ BEDDALL/METRO

Tell me if you've heard this one before.

Pandy "PJ" Wallis is a famous writer whose books about the adventures of Monica, a swellegant New Yorker, are adapted for a series of blockbuster movies, starring SondraBeth Schnowzer as the beloved heroine.

Sound familiar? It's the starting point for Candace Bushnell's new book, Killing Monica (Grand Central Publishing, $30). Like a serpent swallowing its tail, Bushnell plunders the basic trajectory of the success of her bestseller Sex and the City for her latest narrative.

It's impossible not to see the parallels with the meteoric rise of the SATC franchise and its star Sarah Jessica Parker as Carrie Bradshaw, the barely disguised alter ego of Bushnell herself. But Bushnell has a couple of words for critics who see Killing Monica as a thinly veiled memoir: "cray cray." The idea is absurd, she says.

"It's all made up. I'm inclined to view (Killing Monica) as an artist. It's experimental, it's more surreal, and it's pushed much farther into farce. It's like an object that exists on its own. It exists outside of my life," says Bushnell.

"I wrote SATC and that was part journalism and part fiction, so that was like a reflection of my life, but I have not written one book since then where I put myself as the main character."

Bushnell, who gleefully skewers show biz in Killing Monica — the head of the film studio producing the Monica movies is nicknamed PP — says she was influenced by the 1963 epic comedy It's a Mad Mad Mad Mad World.

"It's the maddest madcap movie," she says. "I see some of those scenes like that; they're just over-the-top."

While film producers and fans can't get enough of Monica, and SondraBeth, Pandy is so over both of them. With her marriage in tatters and soon-to-be ex Jonny Beluga desperate to get his hands on a hefty chunk of her Monica-money, Pandy launches a scheme to free herself from all of it — the Monica millstone, her former bestie SondraBeth and the greedy grasp of Jonny.

Zany as the book may be, Killing Monica covers familiar Bushnell territory: the social and interior lives of women. In the case of her latest novel, it's that moment when women seek to reinvent themselves, a pattern Bushnell has noticed among her female friends.

"There truly is a midlife crisis; it's an existential crisis," says Bushnell.

"I see people struggling with reinvention, because like a Monica, we all have created a perfect persona. Monica's always happy, nothing bad ever happens to Monica. While Monica's kind of persona has served us very, very well, when our younger persona no longer fits, it's a time when it's natural to ask once again, 'Why am I here?'

"Which makes sense if you consider that it comes at a time when your children are also leaving the nest. I think it's nature's way of saying, now you must be creative in a different way," she says. "That's how I see it."

WHAT'S IN BUSHNELL'S BOOK BAG?

"I'm going to be travelling, so I've got Primates of Park Avenue. But I've already jumped on it and read the whole thing," says Bushnell, laughing.

"You know, I don't know what I'm going to read. I'm definitely going to read Jennifer Weiner's (Who Do You Love), but I'll have to wait until August."

WAYDE COMPTON

Dolezal an example of racial passing, says writer

The controversy surrounding the racial identity of American civil rights activist Rachel Dolezal is hardly surprising to Vancouver writer Wayde Compton.

After all, he wrote about the phenomenon known as racial passing in his 2010 book After Canaan: Essays on Race, Writing, and Region.

"There's a long history of racial passing with people who are light-skinned passing for white, that's kind of standard," said Compton, director of creative writing at Simon Fraser University's Continuing Studies program, during a recent telephone interview.

"But even people like Rachel Dolezal have been around since the 18th century."

Dolezal resigned last week as president of the NAACP chapter in Spokane, Wash., after her parents publicly proclaimed she is white and does not have any black ancestry as she had apparently claimed for years.

Examples of racial passing stretch back for centuries, there was James Douglas, the first governor of British Columbia who was part black "but looked white and rode that line of identification."

What prompted Compton to write about racial passing was when he realized that the term itself "has a problem built in it."

"It's used to describe any kind of racial mis-recognition and so, if I'm walking down the street or I'm at a bus stop and somebody looks at me and assumes that I'm white, then the language we have for it is that I passed for white," he said.

> **People like Rachel Dolezal have been around since the 18th century.**
> Wayde Compton

"But the problem is, I didn't necessarily do anything."

So Compton coined the term "pheneticizing," to describe how a person is "making the racializing decision about the person they're viewing."

"A lot of passing seems to begin from without," he said. "It's what other people see and then they make a decision at a certain point to either clarify them or to not clarify, and then eventually just kind of drift on into that identity position."

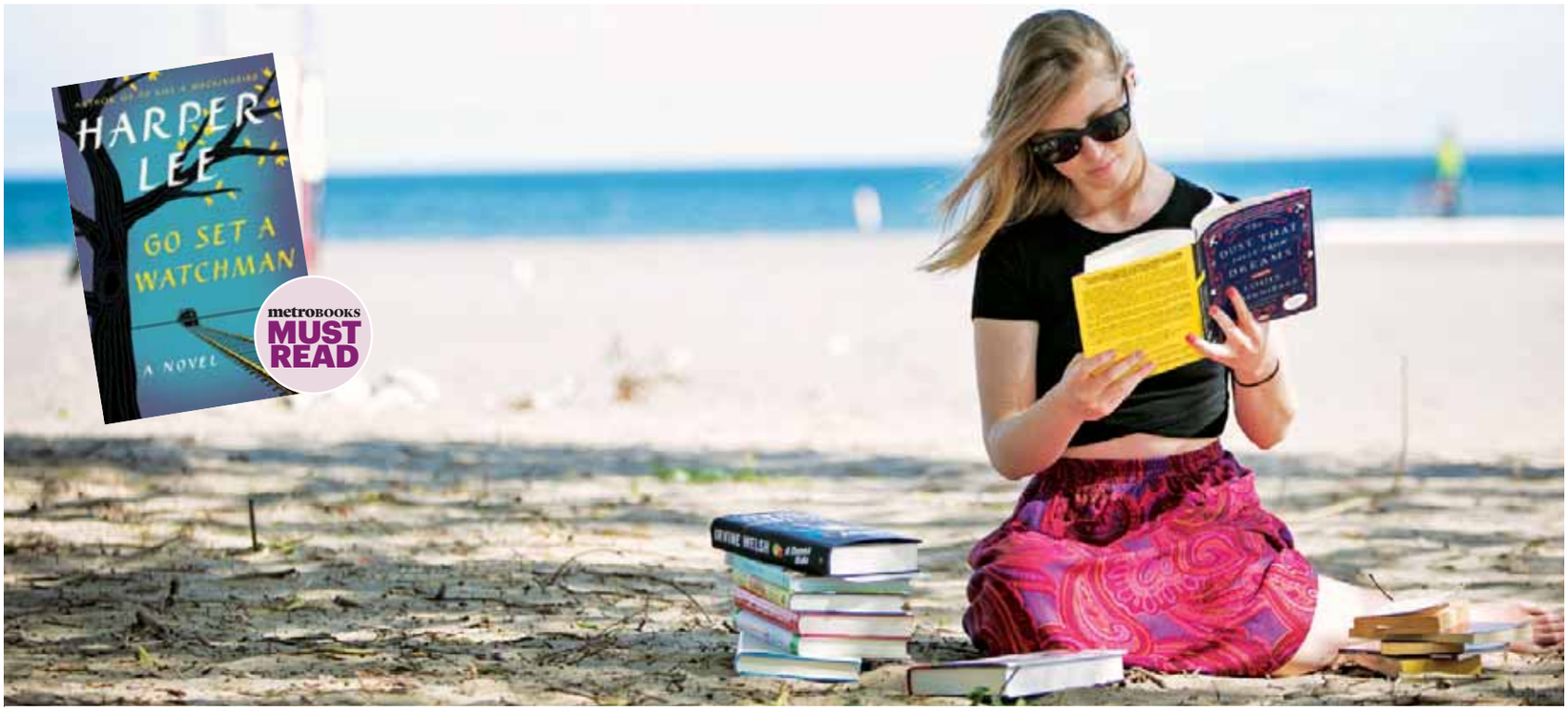
What's different about Dolezal's case is that it's not the typical example of racial passing.

"What we think of as traditional passing, it's usually about somebody who's from an oppressed group who is trying to escape that oppression, and that's pretty understandable," said Compton.

"Even still, people in those situations, most people who could pass don't."

THE CANADIAN PRESS

Former NAACP leader Rachel Dolezal was born to parents who say they are white, but she chooses to self-identify as black. ANTHONY QUINTANO/NBC NEWS/THE ASSOCIATED PRESS/FILE



Sunshine, sand and a stack of books provide a classic way to spend carefree summer days. Check out our reading list for the hottest new titles. STYLING AND PHOTO BY LIZ BEDDALL/METRO

Best summer reading of 2015

Lazy days in the shade spent with a good book are one of summer's great luxuries, but to indulge, you have to decide what to read first. Whether you're looking for romance, suspense or to be transported across the globe, these are the books that will do the trick.

METRO CANADA

FICTION

Eight Hundred Grapes by Laura Dave
When Georgia's fiancé reveals a shocking secret just days before their wedding, she flees home to California where her family owns a winery. There, she learns that her parents are splitting up and selling the estate. Pour yourself a glass of wine and settle in.

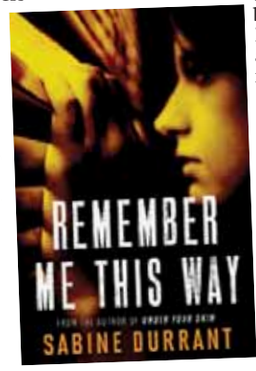
The Underwriting by Michelle Miller
Alternating chapters between several characters, this is an addictive novel about sex, greed and the duelling world of Wall Street versus Silicon Valley. Six 20-somethings are primed to make millions thanks to a crazy popular dating app, but success comes at a price.

Under Fire by Tom Clancy
Though Tom Clancy passed away in 2013, his suspenseful franchise lives on, thanks to his co-author Grant Blackwood. This book follows the president's son, who sets out on a heart-pounding mission after an old friend delivers him a cryptic message.

Boo by Neil Smith
A book about friendship and finding your place in the world, Boo follows the adventure of eighth-grader Oliver "Boo" Dalrymple who finds himself suddenly in a strange land.

Love May Fail by Matthew Quick
From the author of the Oscar-winning Silver Linings Playbook comes this new novel about a woman who escapes her ritzy life in Florida to return home to her shut-in mother in New Jersey.

Summerlong by Dean Bakopoulos
Summerlong is both smart and satisfying. Don and Claire are college sweethearts living in a Midwestern town. Three children later, their marriage is in trouble and the young coeds they have both separately met sure aren't helping things.



Remember Me This Way by Sabine Durrant
An eerie, exhilarating tale of marriage with a cast of great characters and ample plot twists, this dark novel is by the same author of the thriller Under Your Skin.

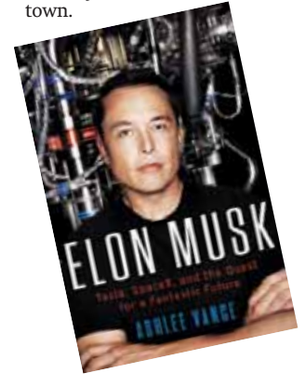
Alexandrian Summer by Yitzhak Gormezano Goren
Originally published in 1978 but now translated in English for the first time is a novel about two feuding Egyptian Jewish families. Set in 1951, it exposes sexual hypocrisies of the upper-middle class while hooking the readers with a dramatic storyline.

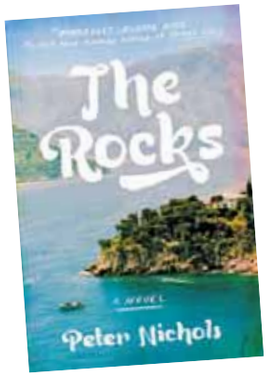
Red Queen by Victoria Aveyard
A girl with special powers must navigate a world of deadly court intrigue. Described as Game of Thrones meets X-Men — the book was instantly optioned for film by Universal and is on numerous must-read lists.

The Heir by Kiera Cass
The Bachelorette meets Cinderella as 35 men compete for the chance to marry a princess in this new story arc in Kiera Cass's internationally bestselling Selection series.

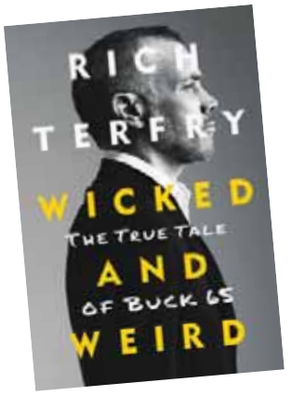
The Ultimatum by Dick Wolf
Law & Order creator Dick Wolf's new novel is about a detective tasked with hunting down a serial sniper who uses drone technology. The mystery novel will keep you guessing until the end.

The Rocks by Peter Nichols
Misbehaving strangers struggle with a 60-year-old secret that drove two lovers apart in a tiny Mediterranean town.





China Rich Girlfriend: A Novel by Kevin Kwan
The author of Crazy Rich Asians is back with this story about Rachel Chu, who is about to marry Asia's most eligible bachelor only to discover some family secrets and a long lost father.



Miss Emily by Nuala O'Connor (out July 14)
This beautifully written book imagines a complicated and compelling relationship between one of America's most reclusive literary icons, Emily Dickinson, and her young Irish maid.

Go Set a Watchman by Harper Lee (out July 14)
Harper Lee shocked book lovers everywhere when she announced she just so happened to have an unpublished sequel to To Kill a Mockingbird. The book features a now grownup Scout who is returning home to visit her father, Atticus.

Broken Promise by Linwood Barcley (out July 28)
The New York Times bestselling author is back with this story of a failed newsman who returns home with his nine-year-old son after the death of his wife only to discover a family secret of epic proportions.

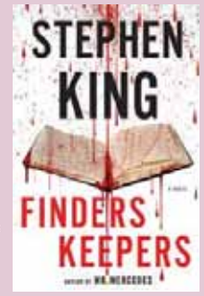
Circling the Sun by Paula McLain (out July 28)
The Paris Wife author Paula McLain returns with Circling the Sun, set in 1920s Kenya. Beryl is a young woman, both bohemian and bold, who conquers everything from racehorse training to commercial piloting. The only thing she can't seem to control is her heart.

Kitchens of the Great Midwest by J. Ryan Stradal (out July 28)
Stradal's debut novel is a mother-daughter tale about life and how food creates community and a gives you a sense of identity.

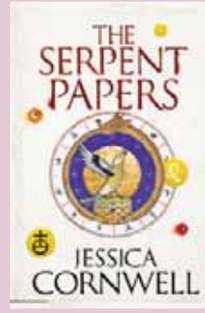
The Dust that Falls from Dreams by Louis de Bernieres (out Aug. 4)
From the author of the international bestseller, Corelli's Mandolin, this sweeping Edwardian-era saga follows the fortunes of four British sisters and their band of friends as their golden childhood in the English countryside comes to an abrupt end with the outbreak of the First World War.

FOR THE COTTAGE

Finders Keepers by Stephen King
Following the same heroes introduced in his book Mr. Mercedes, Finders Keepers is King's story of an obsessed reader whose interest in a reclusive writer goes too far. This is the first time King revisits the reader-author obsession since his book Misery.



The Serpent Papers by Jessica Cornwell

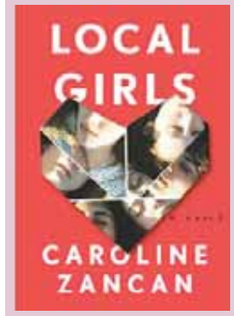


The first book in Jessica Cornwell's The Serpent Papers is sure to entrance with the introduction of Anna Verco, a young researcher who soon finds herself discovering a world of alchemy, magic and secrets after a series of murders in modern-day Barcelona.

Maybe in Another Life by Taylor Jenkins Reid (out July 7)
In this tale reminiscent of the film Sliding Doors, a young woman's future hinges on the decisions she makes when she bumps into an old flame. The novel is told in alternating chapters as we see the two possibilities play out.

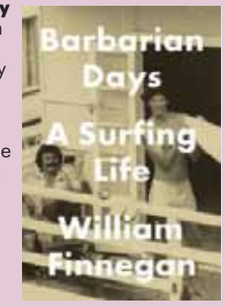
FOR THE BEACH

99 Days by Katie Cotugno
A perfect beach read, this book features a summer romance set in a small town while still tackling issues of girl-on-girl bullying and slut-shaming. Readers of John Green and Nicholas Sparks will enjoy this young adult novel.



Local Girls by Caroline Zancan (out June 30)
Caroline Zancan gifts us the friendship novel of the summer with this page-turner about four best friends, all 19 years old, and a hot movie star who shows up to their sleepy Florida town.

Barbarian Days by William Finnegan (out July 20)
An adventure story meets literary biography meets road movie meets exploration into the world of surfing in this novel which has made numerous best-of summer lists.

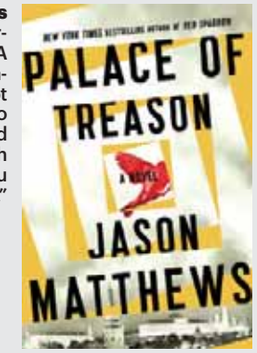


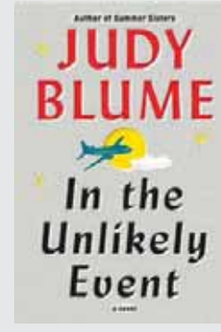
OYSTER PICKS

We asked Kevin Nguyen, the editorial director at Oyster (known as the "Netflix for books") what three releases he's excited about. He shares his picks below:

H is for Hawk by Helen Macdonald
"Helen Macdonald grapples with the death of her father by taking on the challenge of training a goshawk in one of the year's most devastating and cathartic memoirs."

Palace of Treason by Jason Matthews
"There's nothing better than a star-crossed Russian operative and a CIA agent for keeping you completely engrossed on a flight, beach or your hot summer subway ride. This followup to the bestselling 2013 thriller Red Sparrow might even make you wish you had a couple more stops so you could squeeze in a few extra pages."





In the Unlikely Event by Judy Blume
"For readers who grew up with the classic Are You There God? It's Me, Margaret, Judy Blume's new adult novel brings Blume's signature style together with an intricate multi-generational story about how people deal with love and loss."

NON-FICTION

The Domino Diaries by Brin-Jonathan Butler
Journalist Jonathan Butler spills about his 10 years as a journalist in Cuba, largely covering the boxing scene. Even if you're not a boxing fan, you'll be mesmerized with this up-close look at Cuba's fascinating culture.

I Like You Just the Way I Am by Jenny Mollen
Actress Jenny Mollen wrote this laugh-out-loud book with R-rated stories from her personal life, including hiring a prostitute for her husband Jason Biggs's birthday. Expect your fellow commuters to lean over your shoulder to see what you're cackling at.

Twisted by Bert Ashe
Writer Bert Ashe chronicles his quest to grow dreadlocks while giving a cultural history of the hairstyle, from originating in Jamaica to making its way to the States. His is a welcome fresh voice, starting a conversation about black culture from a quirky, fun angle.

Elon Musk by Ashlee Vance
This authorized bio of Elon Musk will offer a look at one of Silicon Valley's most ambitious entrepreneurs. Expect to be enthralled by this Tony Stark-like figure in the same way biographies like Moneyball and Steve Jobs were captivating in the past.

Modern Romance by Aziz Ansari
An in-depth look at modern romance presented with comic insight, Ansari travelled the globe and spoke to hundreds to give us this unique take on love.

Empire of Deception by Dean Jobb
In the tradition of bestselling books like The Devil in the White City and The Man in the Rockefeller Suit, Jobb combines investigative journalism and captivating storytelling to examine one of the greatest con artists of the twentieth century.

Let's Be Less Stupid by Patty Marx (out July 14)
Subtitled "An Attempt to Maintain my Mental Faculties," this book finds the former Saturday Night Live writer confessing to her memory failures in an attempt to regain the mental acuity of her 22-year-old self.

Wicked and Weird: The Amazing Tales of Buck 65 by Rich Terfry (out Aug. 11)
The CBC radio host gives us a glimpse into the world of his alter ego, Buck 65, taking us from small town Nova Scotia to his success as a musician.

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‘Steeped in style of another sort’

REVIEW

Asian diaspora isn’t usually featured in pop-lit genre

Matt Kwong
For Metro

Author Kevin Kwan’s latest has more fun with swagger and satire than on laying down life lessons or ancient Chinese wisdom. CHRIS YOUNG/FILE PHOTO

As an Asian dude, I’m weak tea.

My Cantonese is a mess of Canadian-accented “Ching-lish.” The only Chinese script I can write (my own name) might be mistaken for a child’s careful scrawl. When I visited Hong Kong as a teen, my auntie chided me for walking like a Westerner.

It’s nothing that would make for a book, but lifestyles of the Asian diaspora generally aren’t typical narratives in pop-lit. Not unless they deliver some affecting truths about the “old ways” of the East disappearing amid assimilation into the new world (see: Wayson Choy’s The Jade Peony), or reach-for-the-Kleenex historical vignettes used to impart maternal wisdom (Amy Tan’s The Joy Luck Club).

But the breezy beach read? The guilty-pleasure chick lit? Even the fun but weird experimental stuff about the modern pan-Asian experience? That’s harder to come by.

So I can appreciate that two Asian authors, each publishing wildly different releases this summer, did it with over-the-top style.

In Toronto-based writer Jon Chan Simpson’s debut, Chinkstar, it’s the style of hip-hop bravado, comic-book action and noir set in a gang-ridden Red Deer, Alta.

Kevin Kwan’s buzzy China Rich Girlfriend is steeped in style of another sort.

Fresh off his success for 2013’s Crazy Rich Asians, Kwan’s followup returns to a world of Singapore society pages, couture gowns, ultra-exclusive Hong Kong supper clubs, Ferrari-crashing skirt-chasers and jet-setter billionaires competing to buy status antiquities.

Asian identity aside, Simpson and Kwan serve up a banquet of oddball characters in their books that just about any reader should find exotic.

The events in Chinkstar are set in motion after Run, a 17-year-old “halfchi” born by a Chinese mother and Scottish father, hunts for his missing older brother, emcee King Kwong, the rapper leader of a Tao-inspired doctrine called The Movement.

What begins as a whodunnit later assumes the character of a graphic novel without the art panels, packing in kung-fu violence and the kind of macho, portentous dialogue that brings to mind comics writer Frank Miller’s 1980s work on Batman.

Simpson, identified by Quill & Quire as a writer to watch, freestyles with language, re-appropriating racial slurs and slang (“What up, slants?” a character greets another; “Chinkstas for life,” Run tells his mother).

“Gats” fire golden “caps,” men leer at “honeys” in the club, brawling characters eat “mad knuckle,” and a lot of four-letter words we can’t print here fill Simpson’s pages. If you can get past the lingo-heavy but lyrical prose — or read, as I did, with UrbanDictionary.com open in a tab — there’s a uniquely superfly story to be found.

Kwan’s China Rich Girlfriend weaves footnotes throughout, with translations for Hokkien swears, descriptions of Singaporean desserts, and helpful asides such as one informing us the Bugatti Veyron is the “fastest street-legal production car in the world.”

A cast of conniving, passive-aggressive aunties make for sharp social satire, with the nuptials of Rachel Chu and Nick Young driving a plot involving twisty family drama in some of Asia’s most opulent settings.

Kwan actually toned down some of the real-life spendthriftness he encountered during his book research throughout China.

One way or another, it’s an entertaining look at an unbelievable world of consumption. Like the rap-infused Chinkstar, China Rich Girlfriend has more fun with swagger and style than on laying down life lessons or ancient Chinese wisdom. Genre fiction is probably richer for it.

CHANNING'S LIKE, "G.I. NO"; LINDSAY WANTS TO START OVER IN LONDON TOWN

Channing Tatum really hated G.I. Joe

Channing Tatum has done a pretty great job of maintaining his loveable nicest guy in Hollywood image, but apparently he isn't chipper and cheerful about everything. And one particular kids cartoon franchise-starter left a very bad taste in his mouth. "Look, I'll be honest. I f—ing hate that movie," he tells Howard Stern about G.I. Joe: the Rise of Cobra, Tatum's first big action flick and part of a three-picture deal with Paramount. "The studio calls up and they're like, 'Hey, we got a movie for you. We're going to send it to you.' And it was right during the writers' strike. And it's G.I. Joe. I'm like, 'Look, G.I. Joe? I love G.I. Joe. Can I play Snake Eyes?' And they're like, 'No. You're not playing Snake Eyes.' 'Hey, you're doing this. You're doing this or we're going to sue you.'" If that's not bad enough, doing that film didn't really get him the kind of attention he was looking for. "The Coen Brothers aren't watching G.I. Joe," Tatum says.

LiLo is teasing us about London move again

It's a new season, the equinox is behind us, so obviously we're due for another bout of Lindsay Lohan going on and on about how amazing London is and she's totally thinking of making it her new home. "I can definitely see myself settling in London permanently," she tells Hello! Magazine. "I'm in a really good place. I'm blessed to have been able to do a play in London and start a different way of life. New York is very fast paced and it's not like that over here for me. You grow up and change, and I'm really happy about that, as overall I feel a lot better. For me, I feel more comfortable working from London." You know what, Ms. Lohan? We don't like empty promises. Stop talking about never coming back to the States already and just do it.

Johnny Depp, dressed as Captain Jack Sparrow from the Pirates of the Caribbean. GETTY IMAGES

Studio tells Depp to get shipshape

FILMING

Apparently the captain's been having a bit too much rum

IN HOLLYWOOD
Ned Ehrbar

Johnny Depp has apparently been causing more problems on the set of the new Pirates of the Caribbean beyond getting into trouble for smuggling terriers.

Studio bigwigs reportedly staged an intervention to get Depp to knock off the partying he's been doing and take the job seriously, according to the National Enquirer.

"They've told him in no uncertain terms that he needs to clean up his act and concentrate on making the movie. He had a big sit-down with the head of Disney Pictures, as well as producer Jerry Bruckheimer, his agents and a few close friends," a source says.

> **Basically, they told Johnny he had to get his act together.**
> Source

"Basically, they told Johnny he had to get his act together. Johnny apologized to the crew and producers when he finally got back to Australia from L.A."

Not only that, he also reportedly hired a sober coach to help him out. None of this, of course, explains why we need another Pirates of the Caribbean movie, but I suppose we can't have everything.

MEMORABILIA MUSEUM

Take a walk in the world of Seinfeld

Seinfeld fans are getting an open invitation into Jerry's apartment.

Hulu has teamed up with production shop Magnetic Collaborative to remake Jerry Seinfeld's TV apartment for the iconic show's Wednesday release of all nine seasons on the streaming video service.

Hulu created a free memorabilia museum with the world-famous Upper West Side apartment re-located in Manhattan's Meatpacking District. Seinfeld lovers can walk through a real-life model of the apartment and see different set items such as the Monk's Cafe table and booth, the Festivus Pole and George Costanza's photo shoot set from different episodes. There is also a canvas "brick wall" full of signatures from the show's many stars, guests and crew.

Larry Thomas, who played the memorable Soup Nazi, believes Seinfeld remains popular because of the show's relationships and the crazy situations its main characters — Jerry, Kramer, Elaine and George — found themselves in.

"What Seinfeld really was about was these people, the way they treat each other, the way they treat the world and, you know, the way the world treats them, and it had nothing to do with the '90s or the technology or some of the other things," Thomas said.

The '90s sitcom was a ratings success during its NBC run from 1989 to 1998, and TV Guide named it the greatest television program of all time in 2002.

The pop-up exhibit is open through Sunday at Milk Studios. Admission is free.

THE ASSOCIATED PRESS

Hulu's recreation of the Seinfeld apartment. THE ASSOCIATED PRESS

"MOMMY'S LEGS FEEL LIKE DADDY'S LEGS."

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SHOPPERS DRUG MART

Grilling and chilling: The perfect BBQ

NEIGHBOURHOOD

CBC's Steven and Chris talk the essentials of a barbecue

Jen Traplin
For Metro

Hosting a neighbourhood barbecue is a great way to make new friends and tire out the kids on a hot, summer day.

We asked Chris Hyndman and Steven Sabados, hosts of Steven and Chris on CBC, for tips on how to keep it simple when planning your get-together this summer:

CREATE A TEAM

More hands make light work, so knock on your neighbours' doors and ask a few of them to be part of the organizing committee.

CHOOSE A DATE AND TIME THAT WORKS FOR FAMILIES

4 p.m. on a Saturday is ideal; the young kids will have had their nap, the older ones will be ready to let off some steam and the adults will be excited about enjoying a cocktail without having to worry about who is driving home.

CHOOSE A LOCATION

One neighbour's large backyard will work, but, if permits allow, it can be fun to cordon off the street. Canadian kids will love the opportunity to play on the street without having to yell 'car!'

Steven and Chris
CBC PHOTO

KEEP THE FOOD SIMPLE

Make it a potluck. Your neighbours are there to mingle and the kids want to play so you don't want to get too fussy with the menu. Hotdogs, hamburgers, chips, a selection of salads and a few sweet treats is all you need. Make it a BYOB event, but provide enough coolers and ice to keep the cold drinks cold.

DON'T FORGET THE FUN

Games are great way to bring people together so don't just think of the kids. A three-legged race, an egg toss or a scavenger hunt are a few inexpensive ways to make your party unforgettable.

GIVE BACK

A neighbourhood barbecue is a great excuse to give back to the community, so include on the invitation a request for donations to the local food bank. Then, set up an area at the event where people can drop off their items.

Keep the food simple. Hotdogs and hamburgers are classics for a reason. SHUTTERSTOCK

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22208

Nation's capital summer fun

Parliament Hill yoga. JEN TRAPLIN PHOTO

Gatineau Park. NCC PHOTO

Jen Traplin
For Metro

Summer is finally here and the National Capital Region offers a wide range of entertainment for all ages all summer long — no vacation days required.

These are just a few of the cool things you can check out right in your own backyard this summer:

Parliament Hill yoga
Lululemon hosts a weekly yoga class on the lawn of Parliament Hill. Everyone is welcome — just bring a mat, a bottle of water and some sunscreen.
When: Every Wednesday from noon to 1 p.m. until the end of September
Cost: Free

Arboretum Festival
A modern and eclectic platform showcasing the region's growing music and arts scene, combining showcases, architectural installations, hard-hitting talks and a focus on locally-sourced food and drink. Albert Island on the Ottawa River is home to Arboretum Fest this year.
When: Aug. 18-22
Cost: $15 to $25 (taxes not included)

Osgoode Medieval Festival
Professional jousting, dancing, swordplay, kids' games, live music, vendors, archery and more.
When: July 11-12
Cost: $10 for adults, $6 for kids aged four to 12, free for kids younger than four

Puppets Up! International Puppet
This three-day, family event is Canada's largest annual puppet festival, celebrating the art of puppetry with more than 60 performances. It takes place in and around Mill Street in Almonte.
When: Aug. 7-9
Cost: $10 for adults, $10 for kids

Body Works at the Canadian Museum of Nature
Presented for the first time in Canada, this exhibition allows you to examine the biology of more than 100 specimens, including a giraffe, camel and ostrich.
When: Now through Sept. 20
Cost: $10 plus museum admission (taxes not included)

Bytown Days
This heritage celebration commemorating Lt.-Col. John By and the builders of the Rideau Canal, includes a wide variety of heritage-themed events and entertainment, including blacksmithing, lace making and musketry demonstrations, interactive exhibits, costumed characters and more.
When: July 30 through Aug. 3
Cost: Free

OUTDOOR FUN

Get out and enjoy

Whitewater rafting
Take a rafting trip with one of the region's three whitewater rafting companies — Wilderness Tours, OWL Rafting on the Ottawa River and RiverRun Rafting.

Cycling
The National Capital Region's recreational pathway network is more than 170 kilometres long and features some of the most beautiful and unique attractions in the area.

Gatineau Park
Enjoy the breathtaking views of Gatineau Park. The conservation park boasts hundreds of kilometres of trails, forests, wildlife and lakes.

Experimental Farm
An internationally acclaimed centre for agricultural research in the heart of the city. The Central Experimental Farm is surrounded by gorgeous gardens, grain fields and barnyard animals.

metro HOME
Your essential daily news

The larger the room, the more depth its wall colour needs: Hunter Douglas

What they're a$king

OUR CITY

This week, Metro looks at three-bedroom, resale condominium townhomes. These dwellings have the luxury of space to suit a growing family, without the cost of a large home, and the convenience of maintenance-free condo living. **Duncan McAllister** FOR METRO

$319,900

Ottawa

Here's a townhouse at 1501 Campeau Dr., in the Village Green neighbourhood, close to all of Kanata's amenities. Built in 2004, it has three bathrooms on two levels. Kitchen upgrades include granite countertops, an undermount sink and ceramic tile backsplash. The dining room has hardwood floors, a fireplace and patio doors to a large covered deck. The double tandem garage has been converted to a storage room and workshop. Listing agent Geoff McGowan is a sales representative with RE/MAX Affiliates Realty, 613-216-1755.

$299,500

Halifax

This townhouse in the Clayton Park area has many upgrades. With two and a half baths, it's a good size for a growing family. The house features a large living room, a spacious eat-in kitchen with new granite countertops, and a walkout to an outdoor deck. The upper level boasts a large master bedroom, with a walk-in closet and a newly renovated ensuite. The two spare rooms are bright with lots of closet space. Listing agent is Thomas Bagogloo from the Bagogloo Team, RE/MAX nova, 902-830-9006.

$405,000

Calgary

This two-storey townhome is on a quiet street in the Varsity Village area. The home features a bright main floor, with new hardwood and carpeting. There's a large kitchen, a separate dining area, and a bright living room with fireplace and balcony. The kitchen has been updated with large windows and patio doors. The master bedroom with ensuite has plenty of closet space. Transportation is at the door, and the Market Mall is across the street. Bryon Howard is a sales representative for RE/MAX House of Real Estate, 403-589-0004.

$400,000

Toronto

Located in a peaceful downtown setting, this open-concept, two-storey townhome resides in the King West neighbourhood. It boasts more than 1,000 sq. ft. of living space, including a large, private patio and gardens. Transit friendly, the home is close to the shops and entertainment choices of Queen West and Liberty Village. Extras include a stainless-steel fridge, oven, microwave, dishwasher and washer-dryer. Listing agent James Benson is with Keller Williams Advantage Realty, 416-465-4545.

$335,900

Winnipeg

Here's a 1,500 sq. ft. condo townhouse in the heart of the Royalwood neighbourhood. The home features a large great room and a tiled electric fireplace. The kitchen boasts cappuccino kitchen cupboards and a breakfast bar. The dining room has a patio door leading to the deck. Upstairs is a master with an ensuite and walk-in closet, and the finished lower level has a rec room. The location is close to bus routes, schools and shopping. Lisa Raymond is a sales representative with The Property Exchange Group Inc., 204-298-8975.

$224,900

Edmonton

This corner townhouse is one of the largest units in the Brentwood Village complex at almost 1,300 sq. ft. There are two large bedrooms upstairs, along with a master and renovated bathroom. The main floor features a large living room with new laminate floors. The kitchen has been renovated with mocha cabinetry and plenty of counter space, and there's a fully finished basement. The location is close to shopping and transit. Brent MacIntosh is a sales representative with Re/Max River City, 780-464-0075.

The 'Jeune pousse' table lamp.

Team work lightens up

DECOR

Lacroix collaborates with company on lighting

The home division of Maison Lacroix is collaborating on a collection with lighting company Forestier.

This collaboration has resulted in four pieces: the Frondaison chandelier, the Jeune pousse table lamp, the Branchages wall lamps and the Arbuste floor lamp.

They are all dressed in Christian Lacroix cloth, edited by Designers Guild. The two print options are Canopy, a graphic recreating a trellis and colourful tropical flowers, and Barbade, a graphic print of wickerwork weaving.

The lamps, halfway between craftsmanship and design, are the creations of Sacha Walckhoff. "We had fun trying to come up with lighting objects that evoked plant life but also had very contemporary lines," he adds.

Founded in 1987, the Christian Lacroix couture house moved away from fashion in the 2000s, though the designer continues to create outfits for the performing arts. His name is still used for the stationery and decoration lines.

Forestier, a French lighting company, has collaborated with renowned designers before, including Christian Ghion. AFP

The 'Branchages' wall lamps.
FORESTIER

DESIGN

Japan launches toilet creation contest

Japan is holding its first ever toilet design contest, with a government panel seeking "most comfortable," "cheapest for the developing world" and "safest for women," officials have said.

The initiative comes as Tokyo appears to have grasped the soft-power potential of the country's high-tech toilets, whose seat warmers and pinpoint bidet jets amaze foreign visitors.

"I hope efforts to make the world's best restrooms in Japan will spread broadly," said Haruko Arimura, minister in charge of women's empowerment. He is also overseeing the project. "It is part of our efforts with hospitality for the (2020 Tokyo) Olympic and Paralympic Games."

A 145-page report on improving quality of life claims the drive towards better bogs will "empower women" because by "improving comfort, cleanliness and safety, the quality of work and leisure can improve dramatically."

The report said restrooms are places where women want to feel secure enough to change their clothes, brush their teeth, apply their makeup, and change their babies' diapers.

It also noted toilets are not universally available in some developing nations, and that poorly-designed facilities in some places can put users, particularly women, at risk of violence or kidnapping.

As well as looking for ideas on how to make environmentally friendly toilets for use in natural disasters, the contest is asking for ideas on how to make toilets easier for "foreigners and physically disabled people."

Arimura will announce the winners in September. AFP

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Urban village living

Every homeowner is looking for balance — excitement and calm, city and greenspace, privacy and community. The Brownstones at Place des Gouverneurs is a new collection of condos that strikes the balance perfectly.

The Brownstones by Richcraft is a community of luxurious condo flats named after the iconic stone New York homes of the eponymous style. And the name is fitting. Brownstones homes are exceptionally built and start at just $232,900, and now buyers can own for as little as $993 per month, with no condo fees for up to two years, and bonus features including hardwood flooring in the living room, dining room and hall, plus five appliances and central air conditioning.

The designers of the Brownstones created the homes to cater to every practical necessity, beautifully.

The generous windows in every home let in plentiful natural light, creating a sense of space and airiness.

Every home has a private balconies, perfect for a quiet time to enjoy the breeze and a cool drink.

The homes' interior finishes are completed to a superior spec, including designer kitchens to satisfy your inner chef, and lavish soaker tubs to enjoy after you're done for the day and ready to relax.

Whenever residents need to move their bikes or heavy items or just need a lift, they can access the convenient elevators.

Exceptional location

At the Brownstones, the neighbourhood has everything you'll need in one place.

CONTRIBUTED

There are natural wonders to enjoy at your doorstep. Adjacent to the neighbourhood, is a piece of land protected by the National Capital Commission. When residents want to spend time outside, they can take full advantage of the green surroundings walking or biking the trails through the nearby park's network of paths on a scenic route all the way to the Ottawa River.

Shopping is incredibly close, and there are lots of options to choose from, with nearby shops, services and outlet stores including Banana Republic, Bed Bath & Beyond, Aldo Shoes, and many more.

There is no shortage of amenities for residents of the Brownstones community with the St. Laurent shopping centre, Pineview Municipal Golf Course and National Museum of Science and Technology all nearby.

For residents' convenience, home is accessible by public transit and will be connected to Ottawa's light rail system by Cyrville station. The Aviation Parkway and VIA Rail train station are also close by.

metro SPORTS

Multiple reports have Kevin Love opting out of his contract to enter free agency

Thursday, June 25, 2015

IN BRIEF

CFL aiming to improve 'irresponsible' drug policy

The CFL and CFL Players' Association will meet to strengthen the league's drug policy after it came under criticism from the World Anti-Doping Agency.

The league and union made the joint announcement Wednesday with neither saying when the meetings would begin.

WADA has been critical of the CFL for having an "irresponsible" drug policy, and on Monday, WADA director general David Howman said the league needed to overhaul a system that undermines drug education of amateur athletes by failing to suspend players who test positive while competing in other leagues. THE CANADIAN PRESS

Canada defender Moscato denies low-morale remark

Veteran defender Carmelina Moscato has dismissed comments attributed to her that morale in the Canadian camp is poor at the Women's World Cup.

Former Canadian international Christine Latham, now working as a TV analyst, said prior to the TV broadcast of the Canada-Swiss game that Moscato had told her there were problems in the camp.

Latham said Moscato was also concerned about Canada's starting 11 selection. Moscato rebutted the comments saying Latham had misrepresented her words. THE CANADIAN PRESS

Senators' Karlsson wins second Norris Trophy as NHL's best defenceman

The Ottawa Senators' Erik Karlsson has won the Norris Trophy as the NHL's best defenceman for the second time in his career.

Karlsson led blue-liners in points for the third time in the past four seasons and helped the Senators make an improbable run to the playoffs. The Sweden native had a career high 21 goals, second only to Oliver Ekman-Larsson of the Arizona Coyotes. Karlsson said he believes he's a better all-around player than when he won the Norris in 2012. He finished ahead of Drew Doughty of the Los Angeles Kings. THE CANADIAN PRESS

Kicker mystery for Alouettes ahead of Redblacks opener

CFL

Higgins to wait until game day before picking Whyte or Bede

Coach Tom Higgins provided a little mystery Wednesday for the Montreal Alouettes' season opener against the Ottawa Redblacks.

Higgins will wait until the last minute to decide whether to use rookie Boris Bede as his kicker or have him share duties with veteran Sean Whyte when the two teams meet Thursday night at Percival Molson Stadium.

The situation has left Whyte, who has handled all three kicking jobs the last four years, disappointed and confused. Whyte told reporters he'd been informed he won't play, but Higgins said it isn't official.

He added if Whyte plays, he'll only kick field goals while the bigger, stronger Bede punts and does kickoffs.

"We still have one last opportunity to decide how this plays out," said Higgins. "We'll hold it close to our chests until one hour before the game.

"Sean is still disappointed he's not doing all three. He can say anything he wants but there's still a possibility he (plays)."

Bede played at Laval but is considered an international player because he's from France, while Whyte is Canadian. But Bede looks to have shown enough in training camp that the Alouettes would sacrifice an international player at another position to have him in the lineup.

"I like his attitude, his athleticism," Higgins said of Bede. "I like how the ball comes off his foot, whether it's punting or kickoffs. He messed up a bunch of practices because of the strength of his leg. He's kicking the ball so far that we can't do our kickoff returns."

With a new rule barring linemen from going downfield on punts until the ball is kicked, a high kick with plenty of hang time is essential this season.

Especially since the Redblacks signed Chris Williams, who had a record six return TDs in 2012 with Hamilton — including five on punts — before moving to the NFL. With Kyle Graves injured, the Alouettes also have a new holder on kicks in Canadian quarterback Brandon Bridge.

Both teams go into the season confident they've improved from last year. In Ottawa, 40-year-old quarterback Henry Burris will have receivers Maurice Price, Ernest Jackson and Williams to throw to, a marked improvement from a year ago when the expansion Redblacks finished last overall at 2-16. Williams and Burris were teammates in Hamilton in 2012.

And they have a new offensive co-ordinator in Jason Maas. Montreal linebacker Bear Woods expects an improved Redblacks attack.

"They were a challenge last year," said Woods. "They were not able to finish games, but they played in so many tight games and they've bettered their roster. And anytime you have Henry Burris you have a chance to win. That's just a fact. It'll be a hard-fought game." THE CANADIAN PRESS

Alouettes coach Tom Higgins has not yet decided who he wants kicking in their opener against the Ottawa Redblacks in Montreal TODD KOROL/GETTY IMAGES

> **Sean is still disappointed he's not doing all three. He can say anything he wants but there's still a possibility he (plays).**
> Montreal Alouettes' coach Tom Higgins

WEEK 1 PICK

Redblacks at Alouettes, 7:30 p.m. Thursday

The Redblacks look to improve upon the two wins they earned in their inaugural season. GM Marcel Desjardins shored up the offence with five new receivers, including Chris Williams (CFL's top rookie in '11, top special-teams player in '12) and Maurice Price (trade, Calgary). Montreal opened 1-7 last year, then went 8-2 before losing 40-24 to Hamilton in the East final.

Pick: Montreal

BOARD OF GOVERNORS

NHL formally opens expansion process

The NHL's board of governors has given the green light to opening a formal expansion process.

Commissioner Gary Bettman announced the decision at an afternoon news conference in Las Vegas while insisting it's no guarantee that the NHL will add a 31st or 32nd team.

Nevertheless it's an important step toward expanding the league. Interested parties will have from July 6 until August 10 to apply.

"We will then go through a formal vetting process, and the board ultimately will determine whether or not there's any interest in expanding," Bettman said. "If the conclusion is there is interest from the league's perspective, then there will be focus on what the terms would be and who the likely successful candidates might be."

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Deputy commissioner Bill Daly added that the 2017-18 season would be the earliest an expansion team would debut in the NHL.

Bill Foley's Hockey Vision Las Vegas is at the forefront of expansion talk, and the city is the favourite to get a franchise.

The Las Vegas season-ticket drive received 13,200 deposits for seats at the brand new arena that's set to open next spring, according to Daly. Those deposits are technically refundable if a team is not in place for 2016-17, but Daly said he didn't think Foley's group was concerned by that.

Seattle and Quebec City are other leading candidates and Toronto is another possibility. Daly said other cities, such as Milwaukee, Portland and Kansas City have also expressed interest.

Bettman said the expansion fee will be at least US$500 million. Any applicants must also pay a fee, some of which is refundable, Daly said. THE CANADIAN PRESS

Las Vegas is thought to be one of the top candidates for expansion for Gary Bettman and the NHL. THE ASSOCIATED PRESS FILE

CFL SEASON PREVIEW

Intriguing storylines for 2015

Ricky Ray
FRANK GUNN/THE CANADIAN PRESS

Henry Burris GETTY IMAGES FILE

Michael Sam
RYAN REMIORZ/THE CANADIAN PRESS

Quarterback health, the challenge of repeating, a second-year team trying to gain respectability, some scheduling quirks and the uncertain status of a high-profile player are just some of the storylines heading into the CFL season.

Quarterbacking question marks

The most important position on the field remains a relative unknown for a few teams heading into 2015. Ricky Ray will start the season on the six-game injured list for the Toronto Argonauts as he continues to recover from off-season surgery on his throwing shoulder. The B.C. Lions are hoping to have Travis Lulay back under centre after two injury-plagued seasons, but no one really knows how his shoulder will hold up until he takes a few hits. Meanwhile in Saskatchewan, Roughriders quarterback Darian Durant missed the end of last season with an elbow injury, but is back after undergoing surgery.

Let's do it again

The Calgary Stampeders won the 102nd Grey Cup last November, but can they do it again in 2015? Only two teams have repeated since the Edmonton Eskimos won five straight titles from 1978 to 1982 — the 1996-97 Toronto Argonauts and the 2009-10 Montreal Alouettes. Life is tough at the top when everyone is gunning for you. It will be interesting to see how the Stampeders respond and if they can go back-to-back when the 103rd Grey Cup is played on Nov. 29 in Winnipeg.

Bo Levi Mitchell and the Stampeders will try to become the first repeat champions since the 2009-10 Alouettes. JEFF VINNICK/GETTY IMAGES

Redblacks reboot

The Ottawa Redblacks head into their second season coming off a dismal 2-16 campaign. The club is still led by 40-year-old quarterback Henry Burris and upgraded the receiver position in the off-season with the additions of Maurice Price, Ernest Jackson, Greg Ellingson, Brad Sinopoli and Chris Williams. But the Redblacks' success will come down to Burris, who needs to rebound after a sub-par campaign where he began to show his age. Ottawa scored just 278 points last season, an average of 15.4 points per game. Ottawa sold out every home date in 2014 and fans are starved for a winner. No football team in the nation's capital has posted a record above .500 since the Rough Riders finished 11-5 back in 1978.

Should the Stampeders repeat as champs, it will be the franchise's eighth Grey Cup. The Argos lead the pack with 16 Grey Cup titles.

Pan Am nomads

Southern Ontario will host the Pan Am Games this summer, meaning the Toronto Argonauts and Hamilton Tiger-Cats won't play in their own digs until August. The Argonauts open the season as the home team in their matchup against the Edmonton Eskimos this Saturday, but that one is being played in Fort McMurray, Alta. The Tiger-Cats have not lost at home since moving into Tim Hortons Field last September, and will put that unbeaten mark to the test on Aug. 3 against Toronto. The Argonauts don't play their first home game at Rogers Centre until Aug. 8 against the Saskatchewan Roughriders.

Tedford's tempo

The B.C. Lions hired former California Golden Bears head coach Jeff Tedford after a disappointing 2014. Tedford wants his team to play at a high tempo and it will be interesting to see how his philosophies mix with the Canadian game. Tedford played and coached in the CFL, but has been away from three-down football since the early 1990s. He has brought in veteran co-ordinator George Cortez in hopes of kick-starting an offence that spent long stretches of last season stuck in neutral.

Sam's status

Michael Sam made headlines when he signed with the Montreal Alouettes prior to training camp. The defensive lineman was the first openly gay player ever drafted in the NFL, but he couldn't catch on there and instead looked north to continue his career. Sam's status remains unclear after he left the Alouettes earlier this month for what the team described as "personal reasons." If he returns, his first season in professional football will be one to watch.

THE CANADIAN PRESS

RECIPE Chicken Kebobs

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 12 minutes
Cook time: 18 minutes
Serves: 4

Ingredients
- 3 Tbsp low-sodium soy sauce
- 3 Tbsp rice vinegar
- 2 Tbsp honey
- 2 tsp crushed garlic
- 2 tsp sesame oil
- 4 tsp vegetable oil
- 2 Tbsp water
- 3/4 lb lean chicken cut into cubes
- 1 tsp cornstarch
- 1 large green bell pepper, cut into sixteen 1-inch pieces
- 1 small white onion, cut into sixteen 1-inch pieces
- 16 small mushrooms

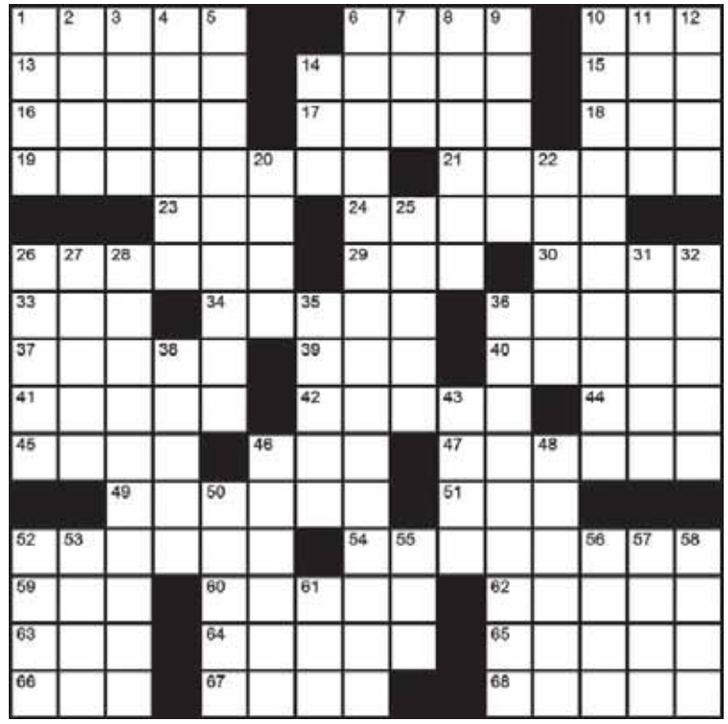
Directions
1. Combine the soy sauce, vinegar, honey, garlic, sesame and vegetable oils and water in a bowl. Add the chicken and marinate for 15 minutes.
2. Spray the barbecue with cooking oil and preheat to medium-high. Remove the chicken from the marinade. Place the marinade in a small saucepan and whisk in the cornstarch until dissolved. Cook over medium-low heat for five minutes until thick and syrupy. If too thick, add a little water. Set half of the sauce aside.
3. Thread the chicken, green peppers, onions and mushrooms alternately onto eight metal skewers. Barbecue, turning and brushing with half of the marinade frequently, for 10 to 15 minutes, or until cooked through and no longer pink. Serve with the remaining marinade on the side.

Nutrition per serving
- Calories 199

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. 'Straight'-meaning prefix
6. ...six, __, huit....
10. Poetic contraction
13. "It's __ __ the Game" by Tommy Edwards
14. Actress Maria
15. Lance of 1990s judging
16. Weather mixture
17. Make a party platter faux pas
18. Novel
19. In Edmonton, it has a man-made lake: William __ Park
21. "__ Street"
23. JD __, Canadian rapper
24. Not-present status
26. Rocker brothers Joel or Benji
29. Bzzz-er
30. Dethrone
33. Stray
34. Vaults
36. Maison's entrance
37. Music hits list
39. Swallowed
40. Sleep __
41. Pens
42. Speak
44. Corn unit
45. Perched on
46. 'Meth' suffix
47. Fierce weather events
49. Drink of the gods
51. Group of Seven painter Mr. Jackson, et al.
52. Rent out your apartment
54. "Cityline" lifestyle/DIY expert, __-__ Allaire Perrault
59. Cubed food flavouring brand
60. Unexpressed, but understood
62. Jack of "The Texas Rangers" (1936)
63. Mauna __ (Hawaiian volcano)
64. Petty quarrels
65. Endor inhabitants
66. Food fragment
67. 'Susp' suffix
68. Wives of rajas

DOWN
1. Scratcher's woe
2. Ms. Fitzgerald
3. Ball of yarn
4. In layers
5. Pastimes
6. People immigrate to Canada because they what?: 4 wds.
7. Yore
8. Puckered clothing fabric
9. Pith helmet
10. Bryan Adams' duet partner on "It's Only Love": 2 wds.
11. Thingy
12. Actor Rob
14. Lingerie purchase
20. Ms. Del Rey
22. Poke around
25. Badger
26. Holy birthplace of Muhammad
27. Buddhist who has attained Nirvana
28. June 25th-28th, 2015: Tim Hortons Ottawa __ __ Festival
31. Prepare, as broccoli
32. New Wave duo, __ For Fears
35. Flora's friend?
36. RSVP-respondent, for example
38. Drive off bugs
43. Mr. Morales
46. Achieve
48. Lake Ontario city
50. Feminine 'this' in French
52. Alone
53. Wife: Latin
55. Sci-Fi beings
56. 'Konvicted' rapper
57. Ms. Taylor of modelling
58. 'Smart' suffix
61. Princess Leia portrayer ...her initials-sharers

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
How you choose to react to challenging events will determine just how challenging they are. The most important thing today is that you keep your composure no matter how annoyed you may be. If you lose your temper you lose the battle too.

Taurus April 21 - May 21
You may not be the type to watch what you say but the planets warn this is not a good time to upset people for the sake of it. The closer you get to the weekend the more you need to watch your choice of words.

Gemini May 22 - June 21
Do you accept a small loss now or do you take a chance and risk a bigger loss later on? That decision must be made now, because if you don't decide then someone else will for you.

Cancer June 22 - July 23
No matter what happens today you must not let anything, or anyone, get to you. Not that anything drastic is likely to occur but if something upsets you then common sense could easily fly out the window.

Leo July 24 - Aug. 23
You seem so easily provoked of late. Why is that? Whatever the reason you must make a conscious effort to control your responses today, because if you go too far you will make enemies of people who should be friends.

Virgo Aug. 24 - Sept. 23
You may be tempted to act in ways that run contrary to your beliefs today, but whatever the material rewards they won't make up for the fact that you have strayed from your principles. Always be true to yourself.

Libra Sept. 24 - Oct. 23
Libra is a cardinal sign, which means you like to compete, and with Mars moving through the career area of your chart you are in no mood to take prisoners. But know your limits. Don't start fights you cannot possibly win.

Scorpio Oct. 24 - Nov. 22
Although you want to be on the move, some type of restrictions are likely to hold you back between now and the weekend. That's okay — if you start your journey too soon you may go in the wrong direction.

Sagittarius Nov. 23 - Dec. 21
You need to get serious about your money situation. You may be tempted to take a risk of some kind and bet against the odds but if you do you could end up even more out of pocket than you are now.

Capricorn Dec. 22 - Jan. 20
You will have to get tough with someone who is getting emotional for no good reason. If you let them carry on they will not only make a fool of themselves but could annoy people in positions of power.

Aquarius Jan. 21 - Feb. 19
Don't let your pride get in the way of asking for advice or assistance today. No one expects you to be good at everything so there is no need to expect it of yourself. A little bit of honesty now could save a lot of embarrassment later on.

Pisces Feb. 20 - March 20
You would be wise not to take too much for granted today. If you push your luck you could find you have gone over the edge and there is no way back.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			5	8	1			
7		5		6		3		2
6	3		7		2		8	5
1	5		4		6		2	9
9		7		4		6		8
			6	1	3			

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